



September
2026



ST. LOUIS OLDER ADULT CENTER
CATHOLIC CHARITIES NEIGHBORHOOD SERVICES



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



**HISPANIC
HERITAGE MONTH**
TODOS SOMOS, SOMOS UNO
WE ARE ALL, WE ARE ONE

September

- ❑ TEAL MANI & PEDI
- ❑ FRESH FALL LIPSTICK
- ❑ LABOR DAY SEPT 5TH
- ❑ PUMPKIN SPICE LATTES
- ❑ FIRST NFL GAME
- ❑ 911 REMEMBRANCE SEPT 11TH
- ❑ FALL HOME DECOR
- ❑ SEE THE COLOR CHANGE
- ❑ GUACAMOLE DAY SEPT 16TH
- ❑ GO APPLE PICKING
- ❑ APPLE DAY SEPT 17TH
- ❑ FALL FLORAL ARRANGEMENT
- ❑ LIGHT FALL CANDLES
- ❑ GRATITUDE DAY SEPT 21ST
- ❑ DEAR DIARY DAY SEPT 22ND
- ❑ 1ST DAY OF FALL SEPT 22ND
- ❑ COFFEE DAY SEPT 29TH
- ❑ MULLED CIDER DAY SEPT 30TH



NYC Department for
the Aging

Breakfast

9:00AM – 10:00AM

ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU

September 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
 <i>National Senior Center Month</i> AGE+	1 Grilled Cheese Rice Krispies Fruit	2 Broccoli Mozzarella Quiche Oatmeal Fruit	3 Blueberries Muffins Non-Fat Yogurt Granola Bar Canned Pears	4 Scrambled Eggs Home Fries Fruit
7 Labor Day Closed	8 Grilled Cheese Oatmeal Pineapple Chunks 	9 Hard Boiled Eggs Mini Bagel Fruit	10 Salmon Cake Grits Banana	11 Banana Nut Muffins Cottage Cheese Sliced Peaches
14 Corn Muffins Cottage Cheese Granola Bar Sliced Peaches	15 Scrambled Eggs w/Peppers & Onions Waffles Strawberries 	16 French Toast Corn Flakes Apple Sauce 	17 Potato Spinach Frittata Farina Mandarin Orange	18 Hard Boiled Eggs Oatmeal w/Berries Cantaloupe 
21 Healthy Harvest Muffins Non-Fat Yogurt Granola Bar Diced Pears	22 Grilled Cheese Rice Krispies Apple Sauce	23 Chicken Liver Grits Mango	24 Cheddar Cheese Baked Potato Grits Cantaloupe	25 Baked Omelet Cream of Wheats Grapes
28 Banana Nut Muffins Non-Fat Yogurt Granola Bar Fruit 	29 French Toast Oatmeal Fruit	30 Salmon Cake Cheese Grits Banana	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

Funded by NYC Aging

ST. LOUIS OLDER ADULT CENTER LUNCH MENU

September 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Russo's Catered</u> Classic Black Bean Slew Yellow Rice Steamed Carrots Fruit Juice	2 Curry Chicken Legs White rice Capri Blend Vegetables Fruit	3 Bistece Encebollado (Puerto Rican Steaks & Onions) Yellow Rice & Pigeon Peas String Beans Fruit	4 Baked Salmon Penne Pasta w/Peppers & Onions Broccoli Spears Apple Sauce
7 Labor Day Closed	8 <u>Russo's Catered</u> Mediterranean Black Bean Slew White Rice Vegetable Mix Fruit Juice	9 <u>Labor Day Special Lunch</u> Beef Hamburger Beef Hot Dog Corn on the Cob Steak Fries Coleslaw ALT: Turkey Burger & Turkey Hot Dog	10 Baked Chicken Legs Mashed Potatoes Italian Blend Vegetables Fruit	11 Baked Whiting Fish Yellow Plantain Broccoli Spears Cranberry Juice Fruit
14 Roasted Chicken Legs Sweet Potato Creamy Spinach Orange	15 Rotini Pasta w/Chickpeas & Spinach Garden Salad Apple Juice Honeydew Melon	16 Chicken Parmesan Spaghetti String Beans Cantaloupe	17 Stewed Pork Chops Yellow Rice California Blend Vegetables Fruit	18 Baked Salmon Sweet Potato Baby Carrots Apple juice Fruit
21 BBQ Chicken Legs Rice & Red Beans Italian Blend Vegetables Cantaloupe	22 Blacked Eye Peas Mursala Italian Blend Vegetables Corn Bread Grape Juice Fruit Cocktail	23 Pork Chops Egg Noodles Broccoli Spears Pear	24 Jerk Chicken Quarter Legs Caribbean Rice & Red Beans Cabbage Fruited Jello	25 Tuna Salad Garden Salad Cucumber Tomato Salad Orange Pineapple Juice Grape
28 <u>Russo's Catered</u> Chicken Fajitas Yellow Rice Sautéed Spinach Fruit	29 Onica's Vegetables Fried Rice Creamy Corn W/Peppers & Onions Italian Blend Vegetables Apple Juice Orange	30 Pork Stir Fried w/Vegetables Egg Noodles Broccoli Spears Fruit	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



230 Kingston Ave. Brooklyn NY, 11213

ST. LOUIS OLDER ADULT CENTER ACTIVITY SCHEDULE

Tel: (718) 771-7945

Funded by NYC Aging



September 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
OLDER ADULT CENTER MONTH		1	2	3	4				
		9:00 10:30 12:30 2:00	Breakfast Walking Club Lunch B.I.N.G.O.	9:00 9:15 10:00 12:30 2:00	Breakfast Gateway Shopping Trip Tech Class Lunch B.I.N.G.O.	9:00 10:30 11:15 12:30 1:45	Breakfast Blood Pressure Screening Balance Wellness w/Elizanda Lunch Open Meeting	9:00 12:30 1:45	Breakfast Lunch Movie: Chief of Station Canceled: Spanish Class & Choral
7	Labor Day	8	9	10	11	Patriot Day			
CLOSED		9:00 10:30 12:30 2:00	Breakfast Walking Club Lunch B.I.N.G.O.	9:00 9:15 10:00 12:00 2:00	Breakfast Walmart Shopping Trip Tech Class People Care Lunch B.I.N.G.O.	9:00 10:30 11:15 12:30	Breakfast Blood Pressure Screening Balance Wellness w/Elizanda Lunch	9:00 11:00 11:30 12:30 1:45 2:00	Breakfast Prime Health Spanish Class Spanish Class Lunch Movie: Why Did I Get Married Again Choral
14		15	16	17	18				
9:00 11:30 11:30 12:30 1:30 2:30	Breakfast Self Defense Nexus Health Group Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 10:30 12:30 2:00	Breakfast Walking Club Lunch Grandparents Day: Ice Cream Floats Canceled: BINGO	9:00 9:15 10:00 12:30 2:00	Breakfast Shopping Trip Tech Class Lunch B.I.N.G.O.	9:00 10:30 11:15 12:30	Breakfast Blood Pressure Screening Balance Wellness w/Elizanda Lunch	9:00 11:30 12:30 1:45 2:00	Breakfast Spanish Class Lunch Movie: Facing El Chapo Choral
21	International Day of Peace	22	23	24	25				
9:00 11:30 12:30 1:30 2:30	Breakfast Self Defense Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 10:30 12:30 2:00	Breakfast Walking Club Lunch B.I.N.G.O.	9:00 9:15 10:00 12:30 2:00	Breakfast Shopping Trip Tech Class Lunch B.I.N.G.O.	9:00 10:30 11:00 11:15 12:30	Breakfast Blood Pressure Screening Bankers Life Balance Wellness w/Elizanda Lunch September Birthday Celebration	9:00 11:30 12:30 1:45 2:00	Breakfast Spanish Class Lunch Movie: The Dating App Killer: The Monica White Story Choral
28		29	30						
9:00 11:30 12:30 1:30 2:30	Breakfast Self Defense Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 11:30 11:30 12:30 1:30	Breakfast Self Defense Elder Abuse Presentation Lunch Chair Zumba w/Tommy	9:00 9:15 10:00 12:30 2:00	Breakfast Shopping Trip Tech Class Lunch B.I.N.G.O.				



Celebrating September Birthdays



Birthdays Celebration

Thursday, September 24th
at 2PM

Music will be played & Cake
will be served

If you were **BORN**
in **SEPTEMBER**,
That means
you are **INTUITIVE**,
CREATIVE,
thoughtful
WISE BEYOND your YEARS,
FUN Floving, And HAVE A
BIG HEART.

- 1 Diane Gilliam
- 2 Joycelyn Baldwin
- 3 Delores Jones
- 4 Arnold Edwards
- 5 Norma Phillips
- 6 Dana Murray
- 7 Denise Alexander
- 8 Crystal Cuthbertson
- 9 Telpha Mapson
- 10 Icy Warren
- 11 Sarah Barrington
- 12 Etta Williams
- 13 Delores Clemons

It's your birthday



Cheers to the September born.

Cheers to the September born.

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.

LABOR DAY

Wednesday, September 9, 2026

Post Labor Day Lunch

12:30pm - 1:30pm

Beef Hamburger & Beef Hot Dog

Corn on the Cob

Steak Fries

Coleslaw

ALT: Turkey Burger & Turkey Hot Dog

Fruit

Juice





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

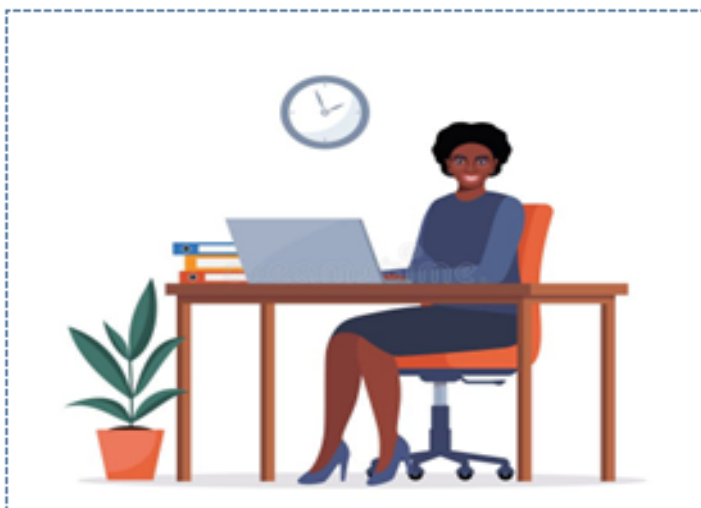
Phone Number

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.

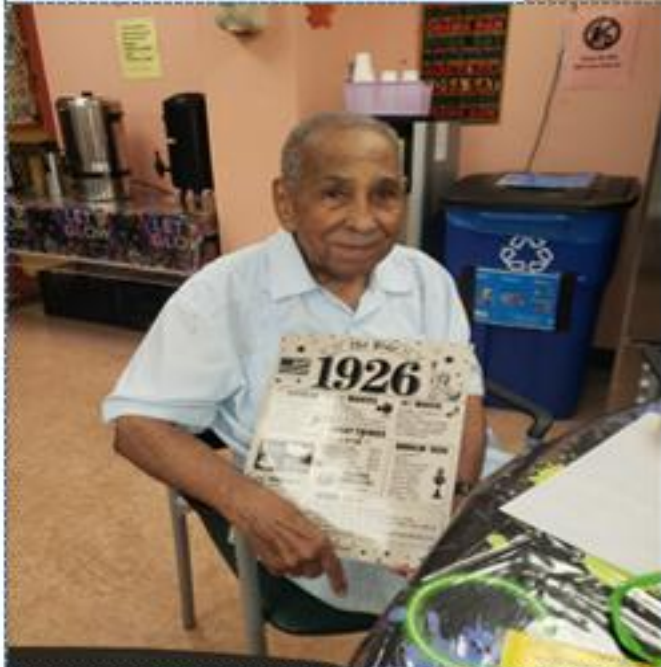
Stop in or call the office
(718) 771-7945
to make an appointment

Happy 100th Birthday
Lawrence Jay
August 16th



Happy 100th
Birthday

Congratulations on reaching
such an amazing milestone!





September Walking Club Schedule

Tuesday, September 1st 10:30am - 11:30am
Tuesday, September 8th 10:30am - 11:30am
Tuesday, September 15th 10:30am - 11:30am
Tuesday, September 22nd 10:30am - 11:30am
Tuesday, September 29th 10:30am - 11:30am

Meet in the reception area



September Walking Club Schedule

Tuesday, September 1st 10:30am - 11:30am

Tuesday, September 8th 10:30am - 11:30am

Tuesday, September 15th 10:30am - 11:30am

Tuesday, September 22nd 10:30am - 11:30am

Tuesday, September 29th 10:30am - 11:30am

Meet in the reception area



Chair Zumba w/Tommy the Experience

September Class Schedule

Monday, September 14th 1:30pm - 2:30pm

Monday, September 21st 1:30pm - 2:30pm

Monday, September 28th 1:30pm - 2:30pm

Dining Room



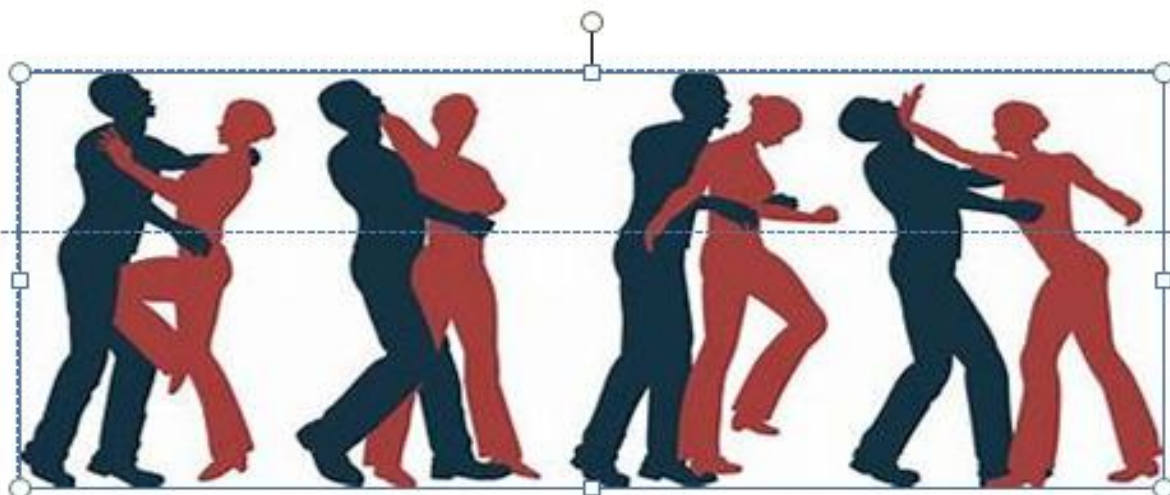
September Class Schedule

Monday, September 14th 11:30am – 12:30pm

Monday, September 21st 11:30am – 12:30pm

Monday, September 28th 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.

September Class Schedule

Thursday, September 3rd 11:15am - 12 Noon

Thursday, September 10th 11:15am - 12 Noon

Thursday, September 17th 11:15am - 12 Noon

Thursday, September 24th 11:15am - 12 Noon





Are you having difficulties navigating your devices?

Bring your device

September Class Schedule

Wednesday, September 2nd 10:00am –11:00am

Wednesday, September 9th 10:00am –11:00am

Wednesday, September 16th 10:00am –11:00am

Wednesday, September 23rd 10:00am –11:00am

Wednesday, September 30th 10:00am –11:00am

with Mr. Randall

Arts & Craft Room

Let the \$hopping Begin!

Wednesday, September 2nd 9:00am

Gateway

Wednesday, September 9th 9:00am

Walmart

Wednesday, September 16th 9:00am

Brooklyn Plantology

Wednesday, September 23rd 9:00am

National Liquidators

Wednesday, September 30th 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



September Class Schedule

Friday, September 4th Canceled

Friday, September 11th 2:00pm - 3:30pm

Friday, September 18th 2:00pm - 3:30pm

Friday, September 25th 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**



September Class Schedule

Friday, September 4th Canceled

Friday, September 11th 11:30am - 12:30pm

Friday, September 18th 11:30am - 12:30pm

Friday, September 25th 11:30am - 12:30pm

w/Ms. Hellen

Library

September 15 - October 15

BE
Kind
FOR
Everyone
YOU MEET
IS
Fighting
A HARD
BATTLE

Can you form 25 words or more?



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
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- 21 _____
- 22 _____
- 23 _____
- 24 _____
- 25 _____



Friday, September 4th 1:45pm Dining Room

Chief of Station 2024 1hr 37min (Netflix)

Friday, September 11th 1:45pm Dining Room

Why Did I Get Married Again 2026 1hr 49min (Netflix)

Friday, September 18th 1:45pm Dining Room

Facing El Chapo 2026 1hr 32min (Netflix)

Friday, September 25th 1:45pm Dining Room

The Dating App: The Monica White Story 2026 1hr 26min (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

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.



Kindness
IS A LANGUAGE
THE DEAF CAN
HEAR AND THE
BLIND CAN SEE.

Mark twain

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

Thursday, October 1, 2026





**Lighthouse
Guild**

lighthouseguild.org
800-284-4422



**Join Us for a Free Educational Program
September is Falls Prevention Month!**

Travel Safety Tips: Outdoors and at Home



When: Tuesday, September, 22, 2026 • 10 AM -11 AM

Where: via Zoom

Meeting ID: **955 1058 2331**

One tap mobile

+16469313860,,95510582331# US

+16465588656,,95510582331# US (NYC)

Join by SIP

95510582331@zoomcrc.com

**Please join us for a workshop to help improve your travel safety skills
and at-home safety, especially for those with vision concerns.**

- Do you feel anxious when you try to cross a street, especially when cars are turning?
- Do you have difficulty determining when you have reached a corner?
- Do you feel stressed about walking on crowded sidewalks?
- Do you have misgivings about taking the bus or the subway?
- Do you have difficulty seeing the walk/don't walk sign at an intersection?
- Do you have difficulty determining how high or low the curb is?
- Do you find you need more light, at home, or have difficulty reading?
- Are there tripping hazards at home that you have been ignoring?

Lighthouse Guild Outreach and Referral Coordinator and Behavioral Health Clinician, Lisa Beth Miller, LCSW-R, BCD, will provide tips to help people with vision problems develop better travel skills. Instruction will cover techniques to improve safety, ways to navigate commonly traveled routes such as bus stops and subways, and how to improve overall confidence with independent travel. Safety tips for the home will also be discussed. One-on-one sessions will also be scheduled for eligible clients.

UPCOMING! EVENTS!



October 2026

Advisory Board Elections 10/1

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!!

SUICIDE WARNING SIGNS



TALK

Experiencing unbearable pain
Being a burden to others
Killing themselves
Feeling trapped
Having no reason to live



BEHAVIOR

Increased use of alcohol or drugs
Acting recklessly
Withdrawing from activities
Looking for a way to kill themselves, such as searching online for materials or means
Isolating from family and friends
Sleeping too much or too little
Visiting or calling people to say goodbye
Giving away prized possessions

Aggression

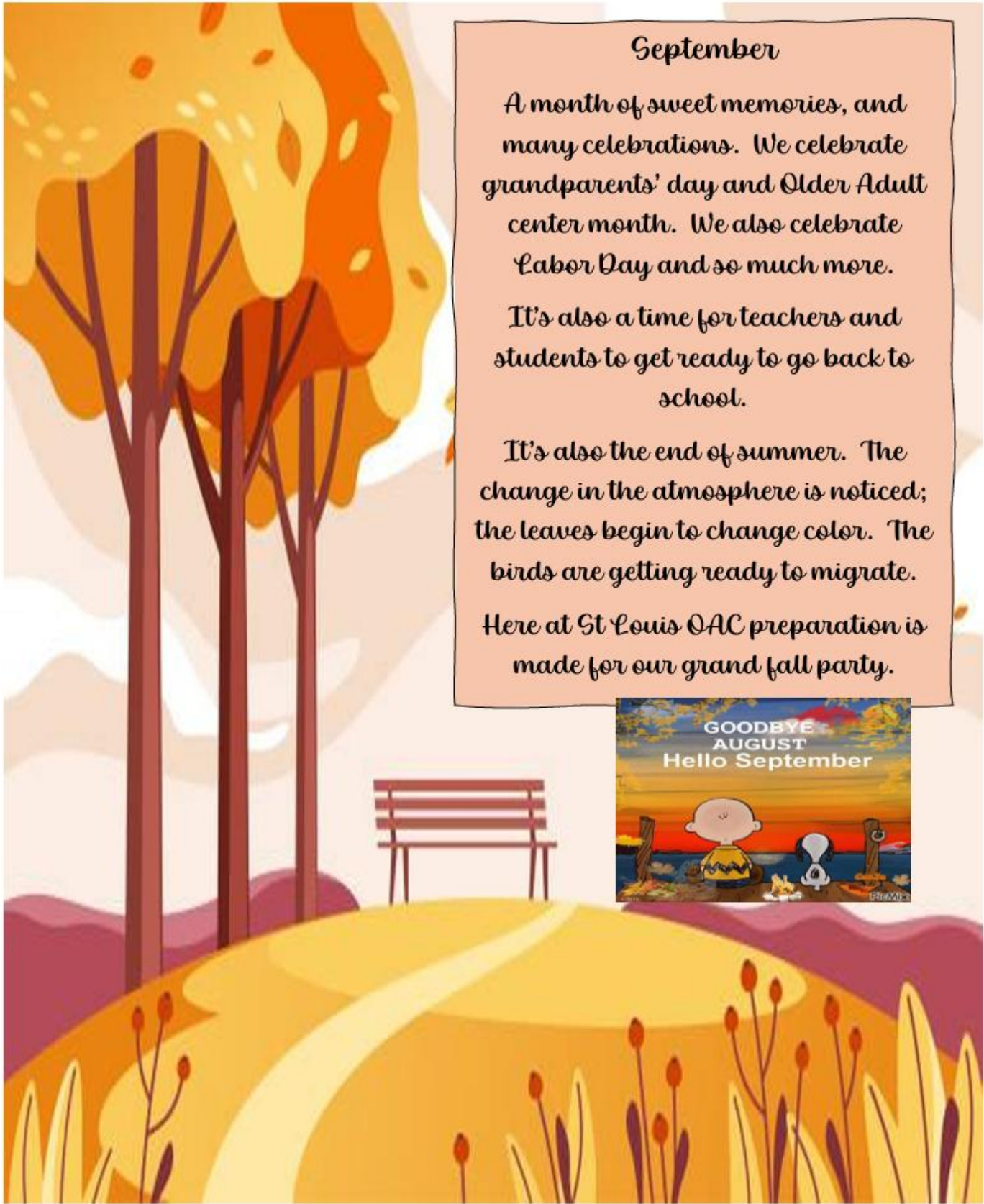


MOOD

Depression
Loss of interest
Rage
Irritability
Humiliation
Anxiety



AMERICAN FOUNDATION FOR
Suicide Prevention



September

A month of sweet memories, and many celebrations. We celebrate grandparents' day and Older Adult center month. We also celebrate Labor Day and so much more.

It's also a time for teachers and students to get ready to go back to school.

It's also the end of summer. The change in the atmosphere is noticed; the leaves begin to change color. The birds are getting ready to migrate.

Here at St Louis OAC preparation is made for our grand fall party.





ANTI INFLAMMATORY TURMERIC CHICKEN SOUP

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 6 cups chicken broth
- 2 cups shredded cooked chicken
- 1 medium carrot, sliced
- 1 cup kale or spinach, chopped
- Salt and pepper to taste
- Juice of 1 lemon
- Fresh cilantro for garnish

Instructions:

1. Heat olive oil in a large pot over medium heat.
2. Sauté onion, garlic, and ginger until softened.
3. Stir in turmeric and cumin, cooking for 1 minute.
4. Add chicken broth, carrots, and shredded chicken; bring to a boil.
5. Reduce heat and simmer for 15 minutes.
6. Stir in kale, lemon juice, salt, and pepper; cook for 5 minutes.
7. Serve hot, garnished with fresh cilantro.



hello September Word Search

Find the September words below.

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

- SEPTEMBER
- AUTUMN
- FALL
- LEAVES
- APPLE
- HARVEST
- PUMPKIN
- SQUASH
- CIDER
- ACORN
- HAYRIDE
- BACK TO SCHOOL
- OUTDOORS
- WEATHER
- JACKET
- TRACTORS
- SUNSET
- FRIENDS



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

Gregory King



Advisory Board Officers

President

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

James Brown



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**

