CELEBRATING 125 YEARS

NOVEMBER 2026

ST. LOUIS OLDER ADULT CENTER

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES



230 KINGSTON AVENUE

BROOKLYN, NY 11213

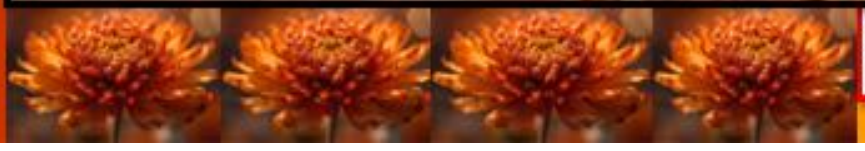
T (718) 771-7945 F (718) 467-2524











NYC Department for the Aging

Breakfast

9:00AM – 10:00AM

ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU

November 2026





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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Healthy Harvest Muffins Non-Fat Yogurt Granola Bar Sliced Peaches	3 Hard Boiled Eggs Cream of Wheat Jello	4 Pancakes Oatmeal Grapes	5 Corn Muffins Multigrain Cheerios Granola Bar Canned Pears	6 Omelet w/Spinach & Mozzarella Oatmeal Banana
9 Banana Nut Muffin Cottage Cheese Granola Bar Sliced Peaches	10 Cinnamon French Toast Cornflakes Orange	11 Hard Boiled Eggs Oatmeal Grapes	12 Assorted Pastries Rice Krispies Cereal Fruit Cocktail	13 Pancakes Cream of Wheat Apple Sauce
16 Blueberry Muffins Non-Fat Yogurt Granola Bar Mandarin Orange	17 Broccoli Cheddar Quiche Multigrain Cheerios Apple Sauce	18 Chicken Livers Grits Honeydew Melon	19 Grilled Cheese Oatmeal Honeydew Melon	20 Scrambled Eggs Home Fries w/Peppers & Onions Canned Mandarin Oranges
23 Healthy Harvest Muffins Cottage Cheese Granola Bar Sliced Peaches	24 Salmon Cakes Grits Honeydew Melon	25 Pancakes Scrambled Eggs Farina Apple Sauce	**Thankgiving Day** **Center** **Closed**	**Thankgiving Holiday** **Center** **Closed**
30 Corn Muffins Non-Fat Yogurt Granola Bar Canned Pears			**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
Funded by NYC Aging



ST. LOUIS OLDER ADULT CENTER LUNCH MENU
November 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Fried Chicken Mashed Potatoes Steamed Kale Cantaloupe	3 Rotini Pasta w/Chickpeas & Spinach California Blend Vegetables Orange Pineapple Juice Grapes	4 **Catered by Russos** Basic Shepherd's Pie Vegetables Mix Fruit	5 **Catered by Russos** Egg Salad Italian Chickpea Pasta Salad Cole Slaw Fruit	6 **Catered by Russos** Baked Salmon w/Cilantro Citrus Sauce Roasted Potatoes Tossed salad Juice Fruit
9 Baked Whiting Plantain Italian Blend Vegetables Cranberry Juice Fruit	10 Aromatic Pumpkin & Curry Chickpeas White Rice Broccoli Spears Grape Juice Fruit	11 BBQ Chicken Legs Baked Red Potato Italian Blend Vegetables Fruit	**12** **Thanksgiving's Special Lunch** **Turkey Wing OR Drumstick** **Sweet Potato** **Corn Bread** **Collard Green** **Apple Juice**	13 Baked Salmon Penne Pasta w/Peppers & Onions Baby Carrots Apple Juice Fruit
16 Curry Chicken Legs Perfect White Rice Baby Carrots Fruit	17 Lentil Peas Sloppy Joe Italian Blend Vegetables Cranberry Juice Fruit Cocktail	18 Bistec Encebollado (Puerto Rican Steak & Onions) Yellow Rice & Pigeon Peas California Blend Vegetables Fruit Cocktail	19 Stewed Pork Chop Mashed Potatoes String Beans Cantaloupe	20 Baked Flounder w/Peppers & Onions Mexican Corn Broccoli Spears Juice Fruit
23 Roasted Chicken Leg Egg Noodles Steamed Kale Apple	24 Blackeye Pea Marsala Corn Bread Broccoli Spears Orange Pineapple Juice Fruit	25 Baked Salmon w/Lemon Butter Garlic Sauce Creamy Spinach Starch Fruit	26 **Thanksgiving Day** **Center Closed**	27 **Thanksgiving Holiday** **Center Closed**
30 BBQ Chicken White Rice Broccoli 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

Funded by NYC Aging

ST. LOUIS OLDER ADULT CENTER ACTIVITY SCHEDULE

November 2026

Tel: (718) 771-7945

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3	Election Day	4		5		6	
9:00 10:00 11:30 12:30 1:30	**Breakfast** Osteoarthritis-Urgent Way Self Defense **Lunch** Chair Zumba w/Tommy	9:00 12:00 12:30 2:00	Breakfast Park Slope Center Lunch	9:00 10:00 12:30 2:00 2:00	Breakfast Tech Class Lunch Advisory Board Meeting B.I.N.G.O. **Canceled: Trip to Walmart**	9:00 10:30 11:45 12:30	Breakfast Storytelling-Robin Balance Wellness w/Elizanda Lunch	9:00 12:30 1:45	Breakfast Lunch Movie: Unabombar **Canceled: Spanish, Zumba, Choral**
9		10		11	**Veteran's Day**	12		13	
9:00 9:30 10:00 11:00 12:30 1:30	Breakfast Bryant Park Market Trip Diabetes Awareness-Virtual Scam & Fraud Prevention-Virtual Lunch Chair Zumba w/Tommy Cancel: Self Defense	9:00 12:00 12:30	Breakfast Secure Path Lunch	9:00 9:15 10:00 11:00 12:30 2:00	Breakfast Shopping Trip: Walmart Tech Class Functioning w/Technology Lunch B.I.N.G.O.	9:00 11:00 11:45 12:00 12:30	Breakfast Insurance Broker Balance Wellness w/Elizanda Brooklyn Housing HFSGNY Thanksgiving Special Lunch	9:00 10:00 11:00 12:30 1:45	Breakfast Alzheimer Disease-Virtual Zumba Lunch Movie: Tyler Perry's:The Gospel of Christmas **Canceled: Spanish,, Choral**
16		17		18		19		20	
9:00 10:30 11:30 11:30 12:30 1:30	Breakfast Blood Pressure Screening Stay n Out Self Defense Lunch Chair Zumba w/Tommy	9:00 10:00 12:30 2:00	Breakfast Managing Diabetes-Virtual Lunch Decorating Christmas Ornaments	**9:00** 10:00 10:00 10:30 12:30 1:30 2:00	**Breakfast** Tech Class Diabetes-Urgent Way New Age OAC Trip- Line Dancing Party B.I.N.G.O. **Canceled:Functioning w/Technology**	9:00 10:00 11:45 12:30 2:00	Breakfast Storytelling-Robin Balance Wellness w/Elizanda Lunch Birthday Celebration	9:00 11:30 12:30 1:45 2:00	Breakfast Spanish Class Lunch Movie: Don't Trust the Couple Upstairs Choral **Canceled: Zumba**
23		24		25		26	**Thanksgiving Day**	27	**Day After Thanksgiving**
9:00 10:30 11:30 12:30 1:30	Breakfast Blood Pressure Screening Self Defense Lunch Chair Zumba w/Tommy	9:00 12:30 2:00	Breakfast Lunch Decorating Christmas Ornaments	9:00 9:15 10:00 12:30 2:00	Breakfast Shopping Trip:Walmart Tech Class Lunch B.I.N.G.O **Canceled:Functioning w/Technology**		**St. Louis OAC CLOSED**		**St Louis OAC CLOSED**
30									
9:00 11:30 12:30 1:30	Breakfast Self Defense Lunch Chair Zumba w/Tommy								







November
Happy Birthday

1.Lurliene Clement

2.Linda Ragoo

3.Helen Selby

4.Reginald Williams

5.Mary Williams

6.Daisy Logan

7.Catherine Okeke

8.Raeneida Cruz

9.Claudette Calliste

10.Helen Fulton

11.Jay Brown

12.Thelma Wiggins

13.John Southerland

14.Reginaldo Vassell

15.Mavis Binnings

16.Vivian Ferguson

17.Yvonne Bailey

18.Florent Ravalier

19.Barbara Rivers

20.Harold Butler

21.Michael Gregg

22.Robert Knoll

23. Augustus George

24.Priscilla Lamont

November

Birthday Celebration

Thursday, November 19th

2:00PM

Cake & Music

Please don't forget to present your ticket at the front desk, if you're celebrating a birthday

Effective April 1, 2024

Due to the increase in food cost meals have increased as following:

Seniors 60 years plus, suggested donation:

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.

Guests under 60yrs old:

Breakfast $4.00

Special Breakfast: $5.00

Lunch $4.50

Special Lunch $5.50

Due to limited seating, no reservation for breakfast or lunch tickets. Calling does not hold a ticket.

Thank you for your continuing support



Registration Information

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

BRYANT PARK

Holiday Shops

by Urbanspace



Byrant Park Holiday Shops

Date: Monday, November 9, 2026

Pick Up Time: 10:30am

Pick Up Location: St. Louis OAC 230 Kingston Ave Brooklyn, NY 11213

Return Time: 3:00pm

Transportation Fee: $8.00 Due Wednesday, November 4, 2026

Contact: Frances Langley or Carzei O'Neill (718) 771-7945

Line Dance Party



at

New Age Older Adult Center

November 18, 2026
1pm to 3pm

54 MacDonough Street
Brooklyn, NY 11216
between Tompkins Ave. & Marcy Ave.

Refreshments will be served.

HAPPY VETERANS DAY



Thanks to all who have served for your courage, dedication and sacrifice


HAPPY
THANKSGIVING
happybirthdayblessings.com
Wishing you a harvest
of blessings, good health
and good times.
Happy Thanksgiving
wishes to you &
your family!

Thanksgiving Special Lunch

Thursday, November 12, 2026

12:30pm – 1:30pm

Turkey Wing OR Turkey Drumstick

Collard Greens

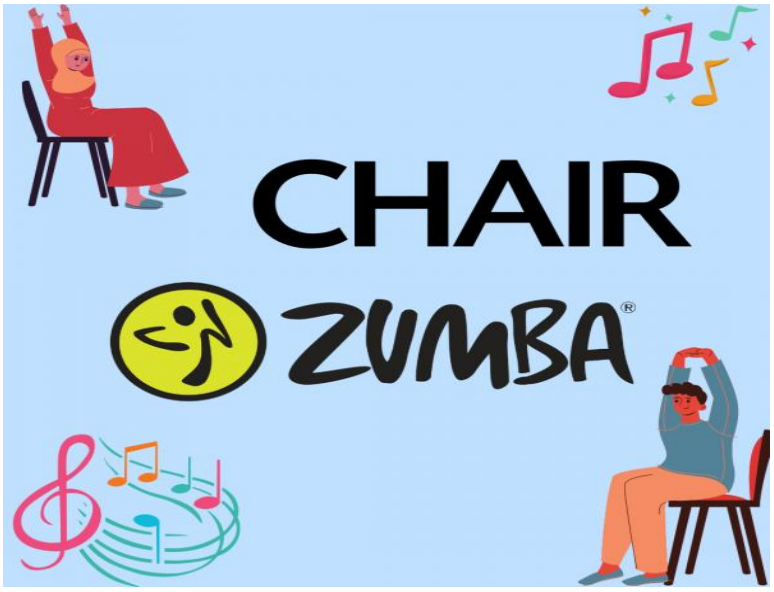
Sweet Potato

Cornbread

Apple Juice

Sweet Potato Pie w/ Vanilla Ice Cream





Chair Zumba
w/Tommy the Experience

-

November Class Schedule

Monday, November 2nd 1:30pm - 2:30pm
Monday, November 9th 1:30pm - 2:30pm
Monday, November 16th 1:30pm - 2:30pm
Monday, November 23rd 1:30pm - 2:30pm
Monday, November 30th 1:30pm - 2:30pm



November Class Schedule

Monday, November 2nd 11:30am – 12:30pm

Monday, November 9th Canceled

Monday, November 16th 11:30am – 12:30pm

Monday, November 26th 11:30am – 12:30pm

Monday, November 30th 11:30am – 12:30pm

w/Shamir

Arts & Craft Room





Are you having difficulties navigating your devices?

Bring your device

November Class Schedule

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

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

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

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

with Mr. Randall

Arts & Craft Room

Functioning w/Technology



November Class Schedule

Wednesday, November 4th 11:00am –12:00Noon

Wednesday, November 11th 11:00am –12:00Noon

Wednesday, November 18th Canceled

Wednesday, November 25th Canceled

Balance Wellness w/ Elizanda

This class focuses 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.

November Class Schedule

Thursday, November 5th 11:45am - 12:30pm

Thursday, November 12th 11:45am - 12:30pm

Thursday, November 19th 11:45am - 12:30pm

Thursday, November 26th Center Closed





October Class Schedule

Friday, October 2nd Canceled

Friday, November 6th 11:00am - 11:45am

Friday, November 13th 11:00am - 11:45am

Friday, November 20th Canceled

Friday, November 27th Center Closed

Arts & Craft Room

Come and showcase your vocals on

Fridays

2:00pm - 3:30pm

with Ms. Hellen and St Louis Choir



November Class Schedule

Friday, November 6th Canceled

Friday, November 13th Canceled

Friday, November 20th 2:00pm - 3:30pm

Friday, November 27th Center Closed

Arts & Craft Room

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

Learn English or Spanish



November Class Schedule

Friday, November 6th Canceled

Friday, November 13th Canceled

Friday, November 20th 11:30am - 12:30pm

Friday, November 27th Center Closed

w/Ms. Hellen

Library


BE
Kind
FOR
everyone
YOU MEET
IS
Fighting
A HARD
BATTLE



Wednesday, November 4th 9:00am

Walmart

Wednesday, November 11th

Walmart

Wednesday, November 18th 9:00am

New Age OAC – Line Dancing Party

Wednesday, November 25th 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



Friday, November 6th 1:45pm Dining Room

Unabomber 2026 1hr 40min (Netflix)

Friday, November 13th 1:45pm Dining Room

Tyler Perry: The Gospel of Christmas 2026 1hr 43min (Netflix)

Friday, November 20th 1:45pm Dining Room

Don’t Trust the Couple Upstairs 2026 1hr 26min (Netflix)

Friday, November 27th

Center Closed

Movie Suggestions Welcomed!!



St. Louis Older Adult Center Daily Activities

Mondays

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

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

Tuesdays

Dominos 1:00pm – 3:00pm

Wednesdays

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

Functioning with Technology w/Gina 11:00am - 12Noon

BINGO 1:30pm - 3:30pm

Thursdays

Storytelling w/Robin 10:00am - 12Noon (November - June)

Wellness Balance w/Ms. Elizanda 11:45am - 12:30pm

Fridays

Zumba 11:00am - 11:45am

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

Movie 1:45pm – 3:30pm

Choral w/Ms. Hellen 2:00pm - 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 <u>YOU</u> 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

Today's Prayer

Before you rush into your daily activities, take a moment to pray. Ask God for wisdom in your decisions, strength for your challenges, peace in your heart, and protection for your loved ones. Pray for others also, because someone else may need encouragement—even the very encouragement you are receiving from God.





Joycelyn Baldwin

Rachel Boddie

Hellen Denman

Syliva Garcia

Karen James

Linda Prince

Roderick Randall

Helen Selby

Patricia Washington

Mary Williams



December 2026

Tree Lighting 12/01

Christmas Special Lunch TBA

Christmas Party 12/15 (Wear Red)

December Birthday Celebration 12/17

-

January 2027

New Years'

Martin Luther King Jr

February 2027

March 2027

Tea Party TBA

Key Benefits of a Plant Based Diet

Better Blood Sugar Control



Stabilires Blood Sugar Levels

Improves Heart Health



Lowers Cholesterol & Blood Pressure

Aids in Weight Loss



Supports Healthy Weight Management

Reduces Inflammation



Decreases Chronic Inflammation

Boosts Energy & Vitality



Enhances Overall Energy Levels

Eco-Friendly & Sustainable



Good for the Planet

Rich in Nutrients & Antioxidants



Less added sugar. More energy. Better health.

How to Reduce Excess Sugar

Healthy Habits to Support Balanced Blood Sugar & Better Health

Small changes make a big difference

1 Start with Sugary Drinks



hoose water, arkling water or sweetened tea/ ffee instead of ft drinks, sweet juices d energy drinks.

2 Check Labels for Added Sugars



Read ingredient lists and nutrition labels. Compare products and choose those with less added sugar.

3 Reduce Sugar Gradually



Use less sugar in tea, coffee and recipes. Gradually reduce it so your taste buds can adjust.

4 Choose Whole Fruit More Often



Enjoy fresh, whole fruits instead of fruit juice or sweet snacks. Fiber helps slow sugar absorption.

5 Choose Plain Yogurt



Pick plain or unsweetened yogurt and add your own fresh fruit, nuts or seeds.

6 Build Balanced Meals



clude protein, getables, fiber-rich ole grains, beans/lentils, ts/seeds and healthy fats keep you full and bilize blood sugar.

7 Plan Balanced Meals & Snacks



Plan ahead so you have nutritious options. Balanced meals and snacks prevent cravings and energy crashes.

8 Watch for Hidden Sugars



Be aware of sauces, cereals, flavored drinks, desserts and packaged snacks — they often contain added sugars.

9 Keep Portions Smaller



Enjoy your favorite sweets in smaller portions instead of cutting them out completely.

10 Make Homemade Versions



Try homemade snacks, sauces and treats. You can control the ingredients and use less added sugar.

Know the Difference

Natural Sugars (in whole foods)



- ✓ Whole fruit
- ✓ Milk & plain yogurt
- ✓ Naturally occurring sugars

These come with fiber, vitamins and minerals.

Added / Free Sugars (in processed foods & drinks)



- ✓ Added to foods & drinks
- ✓ Includes honey, syrups, fruit juice and concentrates (per WHO)

These add calories without extra nutrients.*

WHO Guidance

Keep **free sugars below 10%** of total daily energy intake; below 5% provides additional health benefits.

For a 2,000-calorie diet:

10% ≈ 50 g
or 12 level teaspoons

This is a general public-health **benchmark**, not an individualized prescription.

Remember

- Less added sugar supports better energy, weight management and overall health.
- Focus on balanced habits, not perfection.
- No single food can cure diabetes, and avoiding sugar alone doesn't guarantee "balanced blood sugar."

Choose progress, not perfection.

♥ Small swaps add up • Read labels • Choose nourishing foods • Enjoy sweets mindfully. ♥

Source: WHO Healthy Diet; CDC Healthy Eating Tips / Added Sugars.

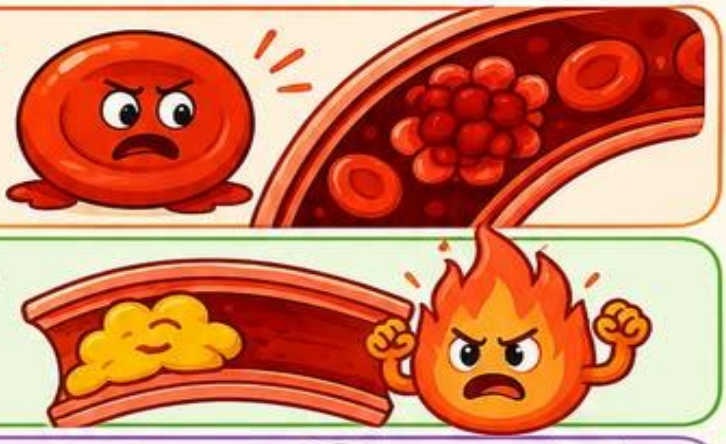
READ THIS AND YOU'LL NEVER EAT SUGAR AGAIN



1. Sugar alters the inhibitory parts of your brain, causing you to have less control over your thoughts and making it difficult to concentrate.



2. Sugar can make red blood cells stiff and sticky, which can cause clots and cut off blood flow to certain tissues.



3. Sugar can create inflammation in the arteries, which can eventually lead to blockage.

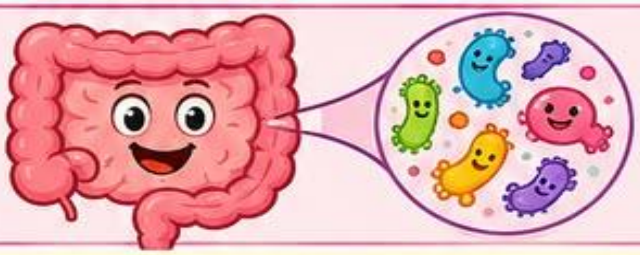


4. Sugar consumption can lead to cataracts, blindness, and peripheral neuropathy.



5. Sugar can contribute to skin aging by damaging collagen and elastin.

6. Sugar has been linked to changes in the gut microbiome, potentially disrupting the balance of beneficial bacteria.





YOUR HEALTH IS IN YOUR HANDS!

- EAT WHOLE FOODS
- DRINK WATER
- STAY ACTIVE
- LIVE WELL



CHOOSE HEALTH. CHOOSE LIFE. SAY NO TO SUGAR!

Simple Healthy Chocolate Cake Recipe | Moist & Easy Dessert

— FitRecipeDaily —

Ingredients:



Rolled oats
1 cup



Cocoa powder
1/2 cup



Almond milk
1 cup



Ripe bananas
2 (medium)



Honey
1/4 cup



Almond butter
1/4 cup



Eggs
2



Baking powder
1 tsp



Vanilla extract
1 tsp



Dark chocolate chips
1/3 cup

Instructions:

1. Preheat oven to 180°C (350°F). Grease a round cake pan.
2. Blend oats, bananas, almond milk, eggs, almond butter, honey, and vanilla until smooth.
3. Stir in cocoa powder, baking powder and mix well.
4. Pour batter into the pan and add dark chocolate chips on top.
5. Bake for 25–30 minutes. Let it cool and enjoy!



Packed with:

- Fiber for better digestion
- Healthy fats for lasting energy
- Protein for muscle support
- No refined sugar

Good Food Better You

— FitRecipeDaily —

Name:_____ Date:_____

Veterans Day Word Search



In honor of Veterans Day, some special words are hidden in this puzzle to celebrate our heroes. Can you find them by searching in all directions? Circle each word as you find it and cross it off the list to complete this tribute to those who served.

AIR FORCE	B	V	A	L	O	R	Y	R	A	T	I	L	I	M	S	T	L
AMERICA	R	R	V	S	T	P	V	N	D	L	X	L	R	A	Z	K	M
ARMY	N	E	A	K	T	M	R	K	N	K	J	O	L	R	N	D	O
BRAVERY	M	W	I	V	M	R	D	O	Y	X	F	U	K	I	N	R	D
COAST GUARD	K	G	R	D	E	H	E	J	T	I	T	M	F	N	T	Z	E
COURAGE	K	C	C	D	L	R	X	N	N	E	E	N	A	E	R	T	E
DUTY	B	H	R	G	S	O	Y	U	G	D	C	C	T	S	O	Z	R
FLAG	R	C	T	C	A	W	S	L	A	T	I	T	K	I	P	B	F
FREEDOM	E	X	Q	O	C	L	D	L	O	R	H	C	R	H	P	N	Y
HERO	S	R	E	A	R	F	F	J	E	Y	O	T	B	T	U	W	Y
HONOR	P	E	C	S	I	F	X	M	R	U	A	K	W	Q	S	M	F
LOYALTY	E	B	R	T	F	T	A	K	R	P	O	L	Z	A	R	M	Y
MARINES	C	M	O	G	I	H	V	A	N	R	V	E	T	E	R	A	N
MEDAL	T	E	F	U	C	Y	G	C	E	W	X	Q	V	Y	N	G	W
MILITARY	X	V	R	A	E	E	V	H	F	E	C	I	V	R	E	S	M
NAVY	K	O	I	R	L	B	M	A	Q	W	Y	T	U	D	K	B	P
NOVEMBER	H	N	A	D	X	F	H	O	N	O	R	V	P	E	A	C	E



PATRIOT
PEACE
PROTECT
RESPECT
SACRIFICE
SALUTE
SERVICE
SOLDIER
STRENGTH
SUPPORT
UNIFORM
VALOR
VETERAN



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Program Manager

Michelle Williams

Case Manager

Venus Harrison

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Assistant Cook

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Anita Edwards

Thomas Natalie

Chantay Wilson

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 for a social order which promotes justice and embraces human development.