CELEBRATING 125 YEARS

CATHOLIC CHARITIES Brooklyn & Queens

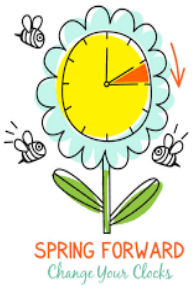
March

ST. LOUIS OLDER ADULT CENTER

230 KINGSTON AVENUE

BROOKLYN, NY 11213

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



NYC Department for the Aging

Breakfast Begins

9:00AM – 10:00AM

ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU

March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Healthy Harvest Muffin Cottage Cheese Granola Sliced Peaches	4 **Special: Fat Tuesday** Pancakes Scramble Eggs Grits Bacon Cantaloupe	5 Cinnamon French Toast Oatmeal Kiwi	6 Cheddar & Bake Potato Grits Banana	7 Grilled Cheese Farina Grapes
10 Banana Nut Muffin Yogurt Granola Kiwi	11 Hard Boiled Eggs Farina Mini Bagel Pineapple Chunks	12 French Toast Oatmeal Canned Pears	13 Blueberry Muffins Yogurt Granola Canned Dices Peaches	14 Cheese Omelet Grits Honeydew Melon
17 Corn Muffin Cottage Cheese Granola Canned Mandarin Orange	18 Salmon Cakes Grits Applesauce	19 Grilled Cheese Oatmeal Cantaloupe	20 Scramble Eggs Home Fries Pineapple Chunks	21 Cheddar & Bake Potato Cream of Wheat Grapes
24 Blueberry Muffin Yogurt Granola Apple Sauce	25 Chicken Livers Grits Honeydew	26 Hard Boiled Eggs Cream of Wheat Mini Bagel Pineapple Chunks	27 Salmon Cakes Cheesy Grits Fruit Cocktail	28 Omelet w/Spinach & Mozzarella Oatmeal Peaches
31 Healthy Harvest Muffin Cottage Cheese Granola Sliced Peaches	March is National Nutrition Month Eat Right!		**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 Begins
12:30PM – 1:30PM

ST. LOUIS OLDER ADULT CENTER LUNCH MENU
March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Blackeye Pea Marsala Garden Salad Cantaloupe Apple Juice	4 Roasted Chicken Legs Broccoli Plantains Apple	5 Baked Flounder Baked Sweet Potato Italian Blend Grapes Orange Pineapple Juice	6 Beef Lasagna Tossed Salad Pear	7 Baked Salmon w/Peppers & Onions Corn on the Cob Broccoli Grapes Juice
10 Baked Chicken Broccoli w/Red Peppers Brown Rice Cantaloupe	11 Rotini w/Spinach & Chickpeas Garden Salad Banana Grape Juice	12 Pork Chop Baked Potato Italian Blend Apple **NO ALTERNATE**	13 Pepper Steaks Egg Noodles Broccoli Pears	14 Flounder w/Onions & Peppers Mexican Corn Italian Blend Banana
17 Sloppy Joe Garden Salad Pineapple Chunk Grape Juice	18 Cod White Rice Italian Blend Orange Apple Juice	19 Sweet & Sour Chicken Breast Egg Noodles Peas & Carrots Canned Mandarin Oranges	20 **St. Patrick's Special** Corned Beef Baked Potato Cabbage Fruited Jello Apple Juice	21 Pineapple Glazed Salmon Yellow Rice Broccoli Apple Juice
24 Penne Pasta w/ White Beans Eggplant & Tomato Arugula Salad Cantaloupe Juice	25 General Tso's Chicken Lo Mein Broccoli Canned Peaches	26 Salmon w/Onions & Peppers Broccoli Mashed Potatoes Grapes Grape Juice	27 Jerk Chicken Quarter Leg White Rice String Beans Banana	28 Teriyaki Baked Flounder Fried Rice Broccoli w/Red Peppers Apple Grape Juice
31 Baked Chicken Broccoli w/Red Peppers Brown Rice Cantaloupe			**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**

Funded by NYC Aging

230 Kingston Ave. Brooklyn NY,11213

ST. LOUIS OLDER ADULT CENTER ACTIVITY SCHEDULE

Tel: (718) 771-7945

March 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
3		4	Fat Tuesday	5	Ash Wednesday	6		7	
9:00 10:30 12:30 1:30 2:30	Breakfast Medicare 101 Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 10:30 12:30 1:00 2:00	Breakfast: Fat Tuesday Arts & Craft: Mardi Gras Mask Lunch Dominoes B.I.N.G. O **WEAR GREEN, GOLD OR PURPLE**	9:00 10:00 10:00 12:30 1:30 1:30 2:30	Breakfast Tech Class Women's History Movie: Amazing Grace Lunch Chair Exercise w/Tommy Advisory Board Meeting B.I.N.G.O.	9:00 10:30 11:00 12:30 1:45 2:00	Breakfast Storytelling w/Robin Prime Care Lunch Open Meeting Adult Coloring	9:00 11:00 12:00 12:30 1:30 1:45	Breakfast Spanish/English Class Congresswoman Yvette Clarke Lunch Choral Movie: We Grown Now
10		11		12		13		14	
9:00 11:30 12:30 1:30 2:30	Breakfast Anchor Healthcare Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 10:30 12:00 12:30 1:00 2:00	Breakfast Arts & Craft: Diamond Painting Presentation: CDPAP Lunch Dominoes B.I.N.G. O	9:00 10:00 10:00 12:30 1:30 2:30	Breakfast Tech Class Women's History Movie: Billie Lunch Chair Exercise w/Tommy B.I.N.G.O.	9:00 10:30 11:30 12:30 2:00	Breakfast Women's History Trivia Game Healthfirst Lunch Adult Coloring	9:00 11:00 12:30 1:30 1:45	Breakfast Spanish/English Class Lunch Choral Movie: Mending the Line
17	St. Patrick's Day	18		19		20	First Day of Spring	21	
9:00 11:00 12:30 1:30 2:30	Breakfast Nutrition Workshop Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 10:30 12:30 1:00 3:00	Breakfast Arts & Craft: Diamond Painting Lunch Dominoes Sip & Paint **CANCELED: B.I.N.G.O**	9:00 10:00 10:00 12:30 1:30 2:30	Breakfast Tech Class Women's History Movie: Toni Morrison Lunch Chair Exercise w/Tommy B.I.N.G.O	9:00 10:30 11:30 12:30 2:00	Breakfast Storytelling w/Robin Villagecare Lunch: St. Patty's Special Adult Coloring **WOMEN WEAR WHITE**	9:00 11:00 12:30 1:30 1:45	Breakfast Spanish/English Class Lunch Choral Movie: Come Sunday
24		25		26		27		25	
9:00 10:45 12:30 1:30 2:30	Breakfast Cooking Demo w/Onica Lunch Chair Zumba w/Tommy B.I.N.G.O.	9:00 10:30 12:30 1:00 2:00	Breakfast Arts & Craft: Diamond Painting Lunch Dominoes Tea Party **CANCELED: B.I.N.G.O**	9:00 10:00 10:00 12:30 1:30 2:30	Breakfast Tech Class Women's History Movie: Michelle Obama Lunch Chair Exercise w/Tommy B.I.N.G.O.	9:00 12:30 2:00	Breakfast Lunch March Birthday Party **Live DJ**	9:00 11:00 12:30 1:30 1:45	Breakfast Spanish/English Class Lunch Choral Movie: Brother
31									
9:00 12:30 1:30 2:30	Breakfast Lunch Chair Zumba w/Tommy B.I.N.G.O.								

Funded by NYC Aging

MARCH BIRTHDAYS

1. Marjorie Lopez
2. Gladys Battle
3. Gilbert Perryman
4. Sheila Ovid
5. Willa Robinson
6. Giles Manley
7. Lorna Benn
8. Reynaldo Otero
9. Frances Gellineau
10. Carl Kiser
11. Sylvan Howell
12. Leonard Barnes
13. Franca James

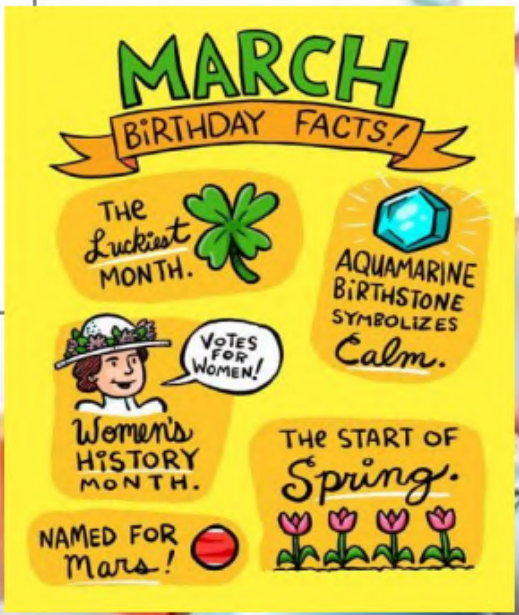
Birthday Celebration

Thursday, March 27th, at 2:00PM

Cakes will be served.

&

DJ Performance



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.

Thank you for your continuing support.

at St. Louis Older Adult Center

Nutrition Workshops

w/Claudia Codrington

Monday, March 17th

11:00AM

Tuesday, March 4th

In celebration of Mardi Gras

Special Breakfast

March 4, 2025

9:00am - 10:00am

Pancakes

Scramble Eggs

Bacon

Grits

Grapes

Orange Juice

Coffee or Tea

Funded by NYC Aging

March 9, 2025
We turn our clocks forward
MORE LIGHT, LONGER DAYS
SPRING IS COMING!
Are you ready?
Are you ready?

Wednesday, March 5th 9:15am

Walmart

Wednesday, March 12th 9:15am

Food Bazar Supermarket

Wednesday, March 19th 9:15am

Gateway Shopping Center

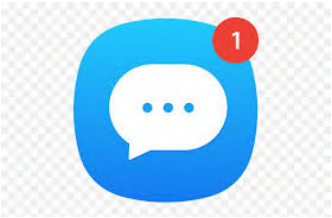
Wednesday, March 26th 9:15am

Walmart

Must sign up for trips

See Program Manager for more details

Trip suggestions are wel- come



Are you having difficul-
ties navigating your devices?

Bring your device on

Wednesdays at 10:00am

with Mr. Randall

TODAY I WILL:

STAY POSITIVE

LEARN & GROW

WORRY LESS

SAY KIND WORDS

LAUGH MORE

CHOOSE LOVE

BELIEVE IN MYSELF

Get creative with Ms. Sylvia

Tuesdays at 10:30am

<u>March's Projects</u>

March 4th Mardi Gras Mask

March 11th Vision Board Party

March 18th Diamond Painting

March 25th Diamond Painting

Must sign up

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

Fridays at 11:00am
Meet Ms. Hellen in the Arts & Craft room
& learn English or Spanish

St. Louis OAC Daily Activities

Mondays

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

BINGO 2:30pm - 3:30pm

Tuesdays

Arts & Craft 10:30am

Dominos 1:00pm – 3:00pm

BINGO 2:00pm - 3:00pm

Wednesdays

Tech Class 10:00am -11:00am

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

BINGO 2:30pm - 3:30pm

Thursdays

Adult Coloring 2:00pm - 3:30pm

Fridays

Spanish Class 11:00am - 12pm

Choral 1:30pm - 3:30pm

Movie 1:45pm – 3:45:pm

PLANT BASED

Plant Based Cooking Demo & Tasting

with Onica

Monday, March 24th at 10:45am

Spinach Cheddar Frittata

Women's History Month Movies on

<u>Wednesday, March 5th</u>

10:00am Dining Room

Amazing Grace

<u>Wednesday, March 12th</u>

10:00am Dining Room

Billie

<u>Wednesday, March 19th</u>

10:00am Dining Room

Toni Morrison: The Piece I Am

<u>Friday, March 7th</u>

1:45pm Dining Room

We Grown Now

<u>Friday, March 14th</u>

1:45pm Dining Room

Mending the Line

<u>Friday, March 21th</u>

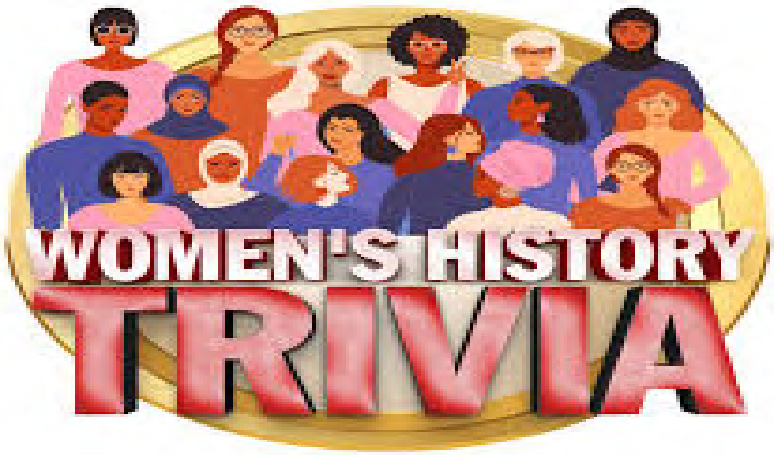
1:45pm Dining Room

Come Sunday

<u>Friday, March 28th</u>

1:45pm Dining Room

Brother



Thursday, March 13th

10:30am

Simone Biles is the most decorated athlete in which sport?

A. Baseball

A. Basketball

B. Gymnastics

C. Ice Skating

Thursday, March 20th

Wear Women in White

Women's History Month Celebration

Tea Party

Tuesday, March 25th

2:00pm - 3:15pm

Please RSVP w/the Front Desk

Tuesday, March 4, 2025

10:30am

Arts & Craft

Mardi Gras

Masks Making

$2.00

Must Sign Up

Monies collected will go toward future arts & craft supplies.

Thursday, March 20, 2025

12:30pm—1:30pm

St. Patrick's Day Post Special Lunch

Corned Beef

Baked Potato

Cabbage

Fruited Jello

March

A month of new expectation, it's also a Time of great change in the weather sometimes unexpectable. The birds are getting ready to return to their regular habitat. Preparation are being made for trips to Pennsylvania and other historic venue like museum, shopping mall and art galleries. And, on the agenda for this month at St Louis. We resume our dancing and other interesting activities.

I believe each one should invitee one so we can all enjoy all there is to this wonderful place preparation for the tea party is also in full swing. Don't forget this the month for Women History. Women Power.

By Anonymous

Tuesday, March 18th

3PM – 4:30PM

<u>MUST</u> sign up for this event.

Please see front desk

SPONSORED BY

MOLINA HEALTHCARE

SWH Senior Whole Health BY MOLINA HEALTHCARE

NO ALCOHOL WILL BE SERVED OR PERMITTED IN ST. LOUIS OAC

(SEE ST. LOUIS OAC HOUSE RULES)

Come and showcase your vocals on

Fridays

1:30pm—3:30pm

with Ms. Hellen and St. Louis Choir

Sing For Joy™

Vision Board Party

Tuesday, March 25th

10:30am

Let’s talk, laugh, create goals and visions for this coming year

See Front Desk

Anyone have spare time in May to bowl?

Come roll with us at Melody Lanes

Brooklyn

Don’t strike out and miss out on some fun!!

$5.00 per game

Free Bowling Shoes Provided

See Front Desk for more details

Celebrate Women's History Month

WOMEN'S HISTORY MONTH WORD SEARCH

Solve the following puzzle by finding all the hidden words!

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

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

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Onica Cyrus
Assistant Cook
Vacant
Kitchen Aide
Genita Tatum
Maintenance
-Gregory King

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Vice President
Sylvia Garcia
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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.

NYC Department for the Aging