

Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197
Monthly Menu: AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	GLATT KOSHER	Note: The Center will be open on the following two Sundays: August 4 and August 25	1 Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	2 Hawaiian Chicken Roasted Spiced Red Potatoes Steamed Carrots Challah Bread Applesauce and Milk Alternate: Egg Salad
5 Chicken Marsala Roasted Beets Brown Rice (1/2 cup) Whole Wheat Bread Apple and Milk Alternate: Tuna Salad	6 Baked Barramundi Fish Garden Salad Roasted Potato Whole Wheat Bread Orange and Milk Alternate: Sliced Turkey	7 Stuffed Cabbage with Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) and Milk Alternate: Egg Salad	8 Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice Whole Wheat Bread Pear and Milk Alternate: Breaded Pollack *Cookie	9 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Omelet
12 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad	13 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk Alternate: Tuna Salad	14 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) and Milk Alternate: Sliced Turkey	15 Meaty Vegetable Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread Pear and Milk Alternate: Omelet *Birthday Cake	16 Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Breaded Pollack
19 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack	20 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk Alternate: Egg Salad	21 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Nectarine and Milk Alternate: Sliced Turkey	22 Whole Wheat Bean Burrito Tossed Salad with Dressing Rice and Beans Plums (2) and Milk Alternate: Omelet *Cookie	23 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Tuna Salad
26 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta (1/2 cup) Whole Wheat Bread Apple and Milk Alternate: Egg Salad	27 Oven Baked Falafel Patties Hummus (1/4 cup) Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Breaded Pollack *Cookie	28 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) and Milk Alternate: Omelet	29 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	30 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad

Strictly GLATT KOSHER. Milk is served on the way out. Menu can change without prior notice. Funded in part by NYC Aging.

Calendar of Activities: AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>8:30- 11:00 (M3) Leisure Games</p> <p>11:00- 12:00 (M3) Current Events</p> <p>11:00- 12:00 (Ballroom) Staywell Exercise</p> <p>11:15 am (Crystal Room) *8/5 – Presentation on Alzheimer’s Disease by Stephanie Martinez, Alzheimer’s Association</p>	<p>8:30- 9:30 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:00- 12:00 (M4) Oil Painting</p> <p>10:45- 12:15 (M3) Blood Pressure Screening (Except on April 9)</p> <p>11:00- 12:00 (M2) Interesting and Informative Discussion</p> <p>11:15 am (Crystal Room) *8/20 – Blood Pressure Presentation by Dana, North Street Health</p>	<p>8:30- 9:45 (M4) Ping Pong</p> <p>8:30- 12:00 (M3) Leisure Games</p> <p>9:30- 11:00 (Ballroom) Chinese Culture Club Dancing</p> <p>10:00- 11:00 (Computer Lab) Today’s Technology</p> <p>11:00- 12:00 (Computer Lab) Surfing the Internet</p> <p>10:00- 12:00 (M4) Chinese Culture Group Singing</p> <p>11:15 am (Crystal Room) *8/7– Nutrition Education by Amelia Jalandoni *8/14 – Elder Abuse by Carol Hernandez</p>	<p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:30- 12:00 (M2) English for Chinese</p> <p>10:45- 12:15 (M3) Blood Pressure Screening</p> <p>11:15 am (Crystal Room) *8/8 – Signs and Symptoms of Stroke and What to Do by Stancy, Northwell Health</p>	<p>8:30- 10:45 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>11:00- 12:00 (M4) Bingo</p>
<p>12:30- 3:45 (M4) Ping Pong</p> <p>12:30- 2:30 (M3) Melodians Rehearsals</p> <p>1:00- 2:00 (Computer Lab) Technology Assistance</p> <p>1:30- 2:30 (Crystal Room) Zumba Gold</p> <p>3:00- 3:45 (M3) Leisure Games</p>	<p>12:30- 3:00 (M4) Drawing</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M3) Arts & Crafts (Jewelry)</p> <p>1:00- 2:00 (M2) Drama Group</p> <p>1:30- 2:30 (Crystal Room) Tai Chi</p>	<p>12:30- 3:45 (M4) Ping Pong</p> <p>12:30- 3:30 (M3) Leisure Games</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) Yoga</p>	<p>12:30- 3:45 (M4) Ping Pong</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M2) Arts & Crafts (Needlepoint)</p> <p>1:30- 2:30 (Ballroom) Line Dancing</p>	<p>1:00- 2:45 (M4) Ping Pong</p> <p>1:00- 2:30 (Computer Lab)</p> <p>Entertainment (1:15-2:15 pm, Crystal Room) *8/2 - Tony Gap *8/9 - Movie (Title TBD) *8/16 - J J Burton *8/23 - Chinese Culture Singing & Dancing Group Performance *8/30 - Juan Ortega</p>

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