



Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197

Menu for June 30- July 31, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| CENTER IS OPEN SUNDAY 20th & 27th | 7/1 Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk <i>Alternate: Breaded Pollack</i> <i>*Cookie</i> | 7/2 Stuffed Cabbage with Beef in Tomato Sauce Steamed Carrots Kasha Varnishkes Whole Wheat Bread Kiwis and Milk <i>Alternate: Tuna Salad</i> | 7/3 Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i> EARLY CLOSURE at 2pm | CENTER CLOSED FOR THE FOURTH OF JULY |
| 7/7 Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk <i>Alternate: Tuna Salad</i> | 7/8 Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk <i>Alternate: Breaded Pollack</i> <i>*Cookie</i> | 7/9 Beef Meatballs/ Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Kiwis and Milk <i>Alternate: Egg Salad</i> | 7/10 Baked Salmon Vegetable Mix Homemade Mashed Potatoes Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i> | 7/11 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <i>Alternate: Egg Salad</i> |
| 7/14 Sliced Turkey Breast/ Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk <i>Alternate: Breaded Pollack</i> | 7/15 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk <i>Alternate: Egg Salad</i> | 7/16 Baked Breaded Pollack Cucumber Salad Rice A Roni Tartar Sauce Whole Wheat Bread Kiwis and Milk <i>Alternate: Sliced Turkey</i> | 7/17 Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Pear and Milk <i>Alternate: Omelet</i> <i>*Cookie</i> | 7/18 Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i> |
| 7/21 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lo Mien Whole Wheat Bread Apple and Milk <i>Alternate: Egg Salad</i> | 7/22 Individual Chicken Pot Pie Tomato and Cucumber Salad Whole Wheat Bread Orange and Milk <i>Alternate: Omelet</i> | 7/23 Salmon Cake/ Dill Lemon Sauce Cucumber Dill Salad Couscous Whole Wheat Bread Kiwis and Milk <i>Alternate: Sliced Turkey</i> | 7/24 Whole Wheat Bean Burrito Fresh Tomato Salsa (Pico de Gallo) Tossed Salad with Dressing Brown Rice Pear and Milk <i>Alternate: Tuna Salad</i> <i>*Cookie</i> | 7/25 Baked Asian Style Honey Chicken Oriental Blend Vegetables Springtime Fried Brown Rice Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i> |
| 7/28 Classic Chicken Cacciatore Steamed Green Beans Garden Salad Pasta Whole Wheat Bread Apple and Milk <i>Alternate: Omelet</i> | 7/29 Black Bean Mushroom Burger Hummus; Israeli Salad Rice Pilaf Whole Wheat Pita Orange and Milk <i>Alternate: Tuna Salad</i> <i>*Cookie</i> | 7/30 Beef Pot Roast/Sauteed Onions and Peppers Broccoli Souffle Mashed Sweet Potatoes Whole Wheat Bread Kiwis and Milk <i>Alternate: Egg Salad</i> | 7/31 Salmon Salad Red Cabbage Bowtie Pasta Salad Plain Pita Pear and Milk <i>Alternate: Sliced Turkey</i> | GLATT KOSHER |



Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197

Calendar of Activities – July 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 8:30- 11:00 (M3) Leisure Games 11:00- 12:00 (M3) Current Events 11:00- 12:00 (Ballroom) Staywell Exercise 11: 00 AM (Crystal Room) *7/14 Online Safety workshop by Shadina Arnet from NYS Division of Consumer Protection | 8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Group Dancing 10:00- 12:00 (M4) Oil Painting 10:45- 12:15 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion 11: 00 AM (Crystal Room) *7/8 Medicare Presentation by Christine from NYC Dept Aging | 8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 10:00-12:00 (M4) Chinese Culture Group Singing 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *7/23 Nutrition Education by Amelia Jalandoni | 7/4- Center closes at 2 PM 8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese | In July, Center closes at 3PM on Fridays 8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo |
| LUNCH BREAK | | | | |
| 12:30- 3:45 (M4) Ping Pong 1:00- 2:00 (Computer Lab) 1:30- 2:30 (Ballroom) Zumba Gold 3:00- 3:45 (M3) Leisure Games | 12:30- 3:00 (M4) Drawing 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M3) Arts & Crafts (Jewelry) 1:00- 2:00 (M2) Drama Group 1:30- 2:30 (Crystal Room) Tai Chi | 12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00-3:00 (M2) Chinese Culture Group Advanced Dancing 1:00- 3:30 (Computer Lab) YOGA CANCELLED: NEXT CLASS JULY 30th | 7/4- Center closes at 2 PM 12:30- 3:45 (M4) Ping Pong 1:00- 3:30 (Computer Lab) 1:00- 3:45 (M2) Arts & Crafts (Needlepoint) 1:30- 2:30 (Ballroom) Line Dancing | In July, Center closes at 3PM on Fridays 1:00- 2:45 (M4) Ping Pong 1:00- 2:30 (Computer Lab) 1:00-2:30 (M3) Chinese Culture Group Advanced Singing Entertainment (1:15-2:15 PM, Crystal Room) *7/11 – JJ Burton *7/18 – Juan Orgeta *7/25 – Russel Targove |