




Menu for January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER			1 CLOSED FOR NEW YEARS	2 Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Tuna Salad
5 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lomein Whole Wheat Bread Apple and Milk Alternate: Tuna Salad	6 Individual Chicken Pot Pie Tomato and Cucumber Salad Whole Wheat Bread Orange and Milk Alternate: Omelet	7 Salmon Cake/ Dill Lemon Sauce Cucumber Dill Salad Couscous Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey	8 Whole Wheat Bean Burrito Fresh Tomato Salsa (Pico de Gallo) Tossed Salad with Dressing Brown Rice Banana and Milk Alternate: Chicken Salad *Cookie	9 Sweet and Sour Chicken Oriental Blend Vegetables Springtime Fried Brown Rice Challah Bread Applesauce and Milk Alternate: Breaded Pollack
12 Classic Chicken Cacciatore Steamed Green Beans Garden Salad Pasta Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack	13 Baked Salmon Red Cabbage Bowtie Pasta Salad Plain Pita Banana and Milk Alternate: Sliced Turkey	14 Beef Pot Roast/Sauteed Onions and Peppers Broccoli Souffle Mashed Sweet Potatoes Whole Wheat Bread Pear and Milk Alternate: Tuna Salad	15 Chickpea Curry Stew with Butternut Squash Green Beans, White Rice Whole Wheat Bread Banana and Milk Alternate: Chicken Salad *Cookie	16 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad
19 	20 Lentil Stew Braised Red Cabbage Brown Rice Whole Wheat Bread Orange and Milk Alternate: Tuna Salad *Birthday Cake	21 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Pear and Milk Alternate: Omelet	22 Baked Salmon Oriental Blend Vegetables Springtime Fried Brown Rice Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey	23 Chicken Shawarma Beets and Onion Salad Jeera Rice (Cumin Spiced Rice) Challah Bread Applesauce and Milk Alternate: Breaded Pollack
26 Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad	27 Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk Alternate: Breaded Pollack *Cookie	28 Stuffed Cabbage with Beef in Tomato Sauce Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Pear and Milk Alternate: Tuna Salad	29 Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Banana and Milk Alternate: Sliced Turkey	30 Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Omelet

1/19 Center Closed 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	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	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) * 1/14 Nutrition Education by Amelia Jalandoni	1/1 Center Closed 8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese 10:45- 12:15 (M3) Blood Pressure Screening (Every 1st & 3rd week) 11: 00 AM (Crystal Room) * 1/8 – Heart Health Talk for Seniors * 1/22- Predatory Lending Prevention Workshop	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	1: 15 PM (Crystal Room) 12:30- 3:45 (M4) Ping Pong 12:30- 3:30 (M3) Leisure Games 1:00- 3:30 (Computer Lab) 1:30- 2:30 (Ballroom) Yoga	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	1:00- 3:45 (M4) Ping Pong 1:30- 2:30 (Ballroom) Yoga 1:00- 2:30 (Computer Lab) 1:00-2:30 (M3) Chinese Culture Group Advanced Singing Entertainment (1:15-2:15 PM, Crystal Room) 1/2 - Russel Tagrove 1/9- Tony Gap 1/16- JJ Burton 1/23 – Karaoke 1/30 – Dean Bohama

RULES FOR LUNCH

- 1. Please refrain from talking when a Speaker is addressing the group**
- 2. Before lunch, members waiting for lunch should not stand in front of the lunch service tables until their group's numbers are called.**
- 3. Only those whose group numbers are called should be on line. There will be a penalty if you get on line before your group is called. You will have to wait until the end of lunch to be served.**
- 4. Keep your ticket intact. Only a lunch service person may tear your ticket. Members with torn tickets will have to wait until the end of the lunch to be served**
- 5. Upon completion of eating, please carry your tray, plates, plastic ware and left over, to the garbage receptacles in the dining room**
- 6. Please leave the dining room upon finishing your meal, unless you are attending the next activity scheduled for the dining room.**



AUSTIN STREET OLDER ADULT CENTER
106-06 QUEENS BOULEVARD
FOREST HILLS, NY 11375
TEL: (718) 520-8197

Funded in Part by the NYC-Aging

Monthly Newsletter

JANUARY 2026

AUSTIN STREET OLDER ADULT CENTER

Austin Street Senior Center



Visit Us 106-06 Queens Boulevard
Forest Hills, NY 11375



Questions? Contact us: (718) 520-8197

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Your Home Away From Home

LIVE KARAOKE —BINGO, MAHJONG, RUMMIKUB

& OTHER GAMES OF YOUR CHOICE

Blood Pressure Screening/ workshops

Informative discussion sessions/English conversation

Live entertainment

Yoga/tai chi/Zumba/StayWell exercise/

Computer classes/ technology assistance/ping pong/Drama/Arts & Craft/Line
Dancing/Chinese Culture dancing & Singing/Current Events/Drawing & oil paint-

DIRECTOR'S MESSAGE—BARRINGTON MACFARLANE

A pleasant, bright, peaceful, prosperous, wealthy, and healthy 2026 is what I wish for everyone. To some of us, the year 2025 was challenging, while for other, it was fantastic. We all face challenges/obstacles in life, but the ability to adapt/maneuver and finally overcome....is one of the greatest joys there is. Looking back at the year 2025, we can joyfully say, “WE SURVIVED 2025!” So, when life knocks you down, get up and try again. When that pain prevents you from attending the center, remember, tomorrow is another day. When hope is lost, life is present....so hope can be found again. In essence, no matter how grim your situation may seem, find a reason to keep on pushing one day at a time. You are loved beyond measures.

So, we closed out the year 2025 with a BANG; a stellar performance by Garrett Ryan on December 26th. From what I was told, he was wonderful - I was on vacation. We hope to see him shortly - as you wish. Then we had the end of year party/luncheon on December 30 with a 2-in-1 by Lemar Peters & Gregg Peters. Everyone has been raving about how wonderful the meal and entire day was. Sadly though, the entertainer - Tony Lento that filled in for Juan Ortega on December 5th, will not be returning to Austin, due to technical issues. Our entertainer - Carl Marmo who performed on Thanksgiving has not been available since. I will try to get him back as soon as he is available. Now that we are in a new year, I will reach out the NYPD Jazz Band to try and secure a date for the near future. While we are on the subject of entertainment/arts, please remember that the Chinese New Year celebration will be on February 6th.

In December of 2025, we were informed by our caterer that any meal that includes beef, will no longer be a part of our menu option, as the current price of beef doesn't make it cost effective, and does not align with our contract pricing. I am working with the caterer to ensure that we keep what we currently have in place. I know that it may not be easy financially on some, but overall, please make extra effort to make a contribution toward meals - especially. This way, your contribution can be used to offset added costs, etc. As a reminder, you will not be receiving salmon salad as a part of your menu, going forward. In addition, we have introduced chicken salad as another alternative, making it 5 alternatives for us to cycle.

I was very optimistic about getting new computers for the computer lab, but unfortunately we did not receive the expected funding for that. However, there is one other avenue that I intend to pursue. Hopefully I will be able to provide you with some updates sooner than later. Please be understanding and cooperative when groups practice for their performances. The space that we occupy is very small, therefore, we have to share. The rooms are usually booked for specific days/time. Arts and Crafts instructor Susan Lane hasn't been well for some time now, hence the reason for her absence from classes for the past few weeks. All the other classes are doing great so far. Attendance and new membership keep climbing rapidly, although the usual decline is obvious around the winter period. It is customary, as members tend to stay home or travel out of town. Just be mindful of social isolation, but at the same time, I would not want you to risk a trip to the center if your health and well-being might be compromised, especially if it rains or snows.

We were all excited when we hired a new Data Entry Coordinator - replacement for Naoto. Unfortunately, after a week, this replacement did not work out. We will go back to the “drawing board” to interview prospective candidates, with the hope that we can make a better choice this time around.

I challenge you this year to focus on your health and wellbeing. Be “selfish” now and then and do your selfcare. It is not an easy task, giving help when you need the same kind of help. Enjoy the news.

- **DO NOT RELY SOLELY ON EXPIRATION DATES.** THE TRUTH IS THAT EXPIRATION DATES ARE ESTIMATES. THEY ARE BASED ON THE AMOUNT OF TIME IT IS EXPECTED TO TAKE BEFORE MEDICATIONS AND OTHER PRODUCTS WILL FAIL TO BE EFFECTIVE OR PERHAPS EVEN BECOME TOXIC. A CHANGE IN COLOR, SMELL, OR TASTE MAY ALSO SIGNIFY THAT A MEDICATION OR OTHER PRODUCT SHOULD BE DISCARDED. MANY HEALTHCARE PROFESSIONALS RECOMMEND FOLLOWING THE “ONE YEAR RULE,” WHICH MEANS DISCARDING PRODUCTS BY ONE YEAR AFTER THE CONTAINER HAS BEEN OPENED... EVEN THOSE WITH AN EXTENDED EXPIRATION DATE. SEEK OUT YOUR PERSONAL PHYSICIAN'S PHILOSOPHY ON EXPIRATION DATES.
- **TEST ELECTRIC AND/OR BATTERY OPERATED DEVICES ON A REGULAR BASIS.** MAKE SURE THESE ITEMS ARE IN GOOD WORKING ORDER AND CAN BE USED SAFELY. PARTS AND WIRING CAN DEGRADE OVER TIME. IN ADDITION, SOME OLDER APPLIANCES MAY NEED TO BE UPGRADED TO NEWER AND MORE EFFICIENT MODELS. CHECK OUT DEVICES LIKE THERMOMETERS, HEATING PADS, BLOOD PRESSURE MONITORS, GLUCOSE MONITORS , MASSAGE THERAPY DEVICES, AND TENS (TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION) UNITS. IF IN DOUBT, YOUR LOCAL PHARMACIST SHOULD BE ABLE TO HELP YOU DETERMINE IF A DEVICE IS WORKING CORRECTLY.
- **DISCARD MEDICATIONS SAFELY AND APPROPRIATELY.** WHILE SOME MEDICATIONS CAN SIMPLY BE THROWN OUT WITH THE TRASH, OTHERS MUST BE DISPOSED OF IN SPECIFIC WAYS. SOME MEDICATIONS ARE DANGEROUS TO PEOPLE AND/OR ANIMALS. SOME ARE POTENTIALLY HARMFUL TO THE ENVIRONMENT. THESE SHOULD NOT BE ADDED TO WASTE LANDFILLS OR FLUSHED DOWN TOILETS. MANY PHARMACIES, DOCTORS, AND POLICE DEPARTMENTS HELP PEOPLE DISPOSE OF MEDICATION IN A SAFE MANNER. A LOT OF COMMUNITIES ALSO HAVE DRUG “TAKE-BACK” PROGRAMS. FOR DETAILED MEDICATION DISPOSAL GUIDELINES, VISIT THE U.S. FOOD AND DRUG ADMINISTRATION'S WEBSITE AT [HTTP://WWW.FDA.GOV/FORCONSUMERS/CONSUMERUPDATES/UCM101653.HTM#1](http://www.fda.gov/forconsumers/consumerupdates/UCM101653.HTM#1).

Time to Give Your Medicine Cabinet a Checkup?



How many people know exactly what is in their bathroom medicine cabinets? Perhaps some do, but probably not the majority. For most us, a peek inside the medicine cabinet may offer more than a couple surprises. The odds are we may find some old prescription bottles way beyond the expiration date as well as over-the-counter medications and personal care products that have also expired or changed color due to lack of use. Clearly, it is probably a good idea to give a medicine cabinet a thorough inspection and cleaning out at least annually.

Surprisingly, the bathroom medicine cabinet is not the best location for many medications and health-related or personal care products. The fluctuations in temperature and high level of humidity in a bathroom can have a negative effect on many items, impacting potency, reducing effectiveness, and accelerating expiration. Items that are used up relatively quickly, like deodorant and toothpaste, are usually not around long enough for the bathroom environment to become problematic so it is a fine location for them. But, it is probably best to move some of other the items traditionally stored in the bathroom medicine cabinet for longer lengths of time to a cool dry place instead.

Here are some things to think about the next time you give your medicine cabinet a good “once-over.”

A few helpful tips...

- **Check dates.** Take a look at the expiration date of every item in your medicine cabinet and get rid of anything with a date that has come and gone. This includes everything from prescription medications, over-the-counter medications, vitamins, and herbal supplements to creams, lotions, and ointments. Even check the expiration date on that container of bandages. Most people mistakenly assume that adhesive bandages will last forever, but the materials they are made with can break down over time.

!!ATTENTION!!

Meals are served at a temperature of 140° F and over for hot meals, and 40° F for cold meals. If you take home food, you're at risk of food spoiling because of weather. Taking food home from the center is done at your own risk. Thank you.

Entitlements & Benefits Assistance

Our Social Worker Jolanda is here to assist with reviewing and applying for your entitlements and benefits. If you have any questions or need assistance, please stop in the office and make an appointment.

Registration and Consent Required

If you are not currently registered for services or have not provided consent, you may not participate in any activities, workshops, or entertainment at this center.

If you're interested in becoming a member, please stop by the office to schedule an appointment, or call (718) 520-8197.

Note: Only 3 registrations are processed daily. Walk-ins are not accepted at this time.

Please have the following ready:

- **Proof of age (e.g., driver's license, passport, or photo ID)**
- **Emergency contact info (name, address, phone number)**
- **Primary Care Physician info**
- **List of medications (with dosage, frequency, and reason)**
- **List of allergies**

Protective Services

More and more senior citizens are living independently. Unfortunately, some are frail and in ill health, often needing assistance. If you are concerned that an elderly friend, relative or neighbor is living at risk alone, contact your County Department of Social Services; New York City residents should call 311 and ask for the Department of Human Resources Administration for help. These departments may send someone to visit and assess the situation first-hand to determine the kind of help needed.

Tax Relief

In order to provide tax relief for residents age 65 or older, New York State has taken action on several fronts. Following are three programs which may help ease your tax burden:

The Real Property Tax Exemption

You may be eligible to have your real property tax bill cut in half. This 50% exemption is offered as a local option to homeowners age 65 and over whose annual income is within specified guidelines. To find out if the exemption is in effect in your locality and what the income levels are, you can call the county, city, town or village assessor's office or, for New York City residents, the New York City Department of Finance.

The Circuit Breaker Credit Rebate

This is a state tax credit or rebate available to homeowners and renters with a gross annual household income of \$18,000 or less. To obtain this tax relief (up to \$375 depending on income), you must submit claim form IT-214 to the State Department of Taxation and Finance. You will not automatically receive this credit; you must file for it. Remember, it is not necessary to pay state income taxes in order to receive the credit.

Chilled Twins Solution

**1 & 15, 2 & 14, 3 & 16, 4 & 8,
5 & 20, 6 & 17, 7 & 18, 9 & 19,
10 & 12, and 11 & 13**

CHILLED TWINS

EACH IMAGE OF TWO SNOWMEN HAS AN IDENTICAL TWIN. CAN YOU FIND ALL 10 MATCHING IMAGES?



SEASONEDTIMES.COM

Solution on next page...

Income Tax Exemption of Retirement Income

The tax law exempts all retirement pension and annuity income up to \$20,000 per person per year from state income taxes. You must be at least 59 1/2 years old to qualify.

EPIC

Elderly Pharmaceutical Insurance Coverage

With the expanded EPIC program, elderly New Yorkers can save as much as 60% on their prescription medicines. In most instances, those who qualify never pay more than \$20 for a prescription, and may pay as little as \$3. If you are 65 or over and have an income of \$35,000 or less if you're single, or have a joint income of \$50,000 or less if you're married, this program may be for you. For more information, you can call the toll-free EPIC hotline at: 1-800-332-EPIC.

*If you are interested please make an appointment with Social Worker, Jolanda.

Share your stories/special events/pictures with us if you would like to be featured in our monthly Newsletter.



HANUKKAH PARTY



TONY GAP



YEAR END PARTY



BUZZ CORNER

Friday Entertainment (1:15-2:15 pm)

1/9- Tony Gap

1/16- JJ Burton

1/23 – Karaoke

1/30 – Dean Bohama

WORKSHOPS (11AM-12PM)

1/8 – Heart Health Talk for Seniors

1/14 Nutrition Education by Amelia Jalandoni

1/22- Predatory Lending Prevention Workshop

CENTER CLOSED

1/19- CENTER CLOSED FOR Martin Luther King Day.