





Menu for June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple and Milk <b>Alternate: Omelet</b></p>	<p>2 Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk <b>Alternate: Egg Salad</b> <b>*Cookie</b></p>	<p>3 Stuffed Cabbage with Beef in Tomato Sauce Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Pear and Milk <b>Alternate: Tuna Salad</b></p>	<p>4 Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Banana and Milk <b>Alternate: Sliced Turkey</b></p>	<p>5 Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce and Milk <b>Alternate: Omelet</b></p>
<p>8 Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk <b>Alternate: Egg Salad</b></p>	<p>9 Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk <b>Alternate: Tuna Salad</b> <b>*Birthday Cake</b></p>	<p>10 Beef Meatballs/ Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Pear and Milk <b>Alternate: Chicken Salad</b></p>	<p>11 Baked Salmon Vegetable Mix Homemade Mashed Potatoes Whole Wheat Bread Banana and Milk <b>Alternate: Sliced Turkey</b></p>	<p>12 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <b>Alternate: Tuna Salad</b></p>
<p>15 Sliced Turkey Breast w/ Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk <b>Alternate: Omelet</b></p>	<p>16 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk <b>Alternate: Chicken Salad</b></p>	<p>17 Baked Breaded Pollack Cucumber Salad Rice A Roni Tartar Sauce Whole Wheat Bread Pear and Milk <b>Alternate: Sliced Turkey</b></p>	<p>18 Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Banana and Milk <b>Alternate: Omelet</b> <b>*Cookie</b></p>	<p>19 </p>
<p>22 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lomein Whole Wheat Bread Apple and Milk <b>Alternate: Tuna Salad</b></p>	<p>23 Individual Chicken Pot Pie Tomato and Cucumber Salad Whole Wheat Bread Orange and Milk <b>Alternate: Breaded Pollack</b></p>	<p>24 Salmon Cake/ Dill Lemon Sauce Cucumber Dill Salad Couscous Whole Wheat Bread Pear and Milk <b>Alternate: Sliced Turkey</b></p>	<p>25 Whole Wheat Bean Burrito Fresh Tomato Salsa (Pico de Gallo) Tossed Salad with Dressing Brown Rice Banana and Milk <b>Alternate: Chicken Salad</b> <b>*Cookie</b></p>	<p>26 Sweet and Sour Chicken Oriental Blend Vegetables Springtime Fried Brown Rice Challah Bread Applesauce and Milk <b>Alternate: Omelet</b></p>
<p>29 Classic Chicken Cacciatore Steamed Green Beans Garden Salad Pasta Whole Wheat Bread Apple and Milk <b>Alternate: Breaded Pollack</b></p>	<p>30 Baked Salmon Red Cabbage Bowtie Pasta Salad Plain Pita Banana and Milk <b>Alternate: Sliced Turkey</b></p>	<p><b>GLATT KOSHER</b></p>	<p></p>	



Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197 Calendar of Activities – JUNE 2026

<p>8:30- 12:00 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>8:30- 11:00 (M3) <b>Leisure Games</b></p> <p>11:00- 12:00 (M3) <b>Current Events</b></p> <p>11:00- 12:00 (Ballroom) <b>Staywell Exercise</b></p>	<p>8:30- 9:30 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>9:30- 11:00 (Ballroom) <b>Chinese Culture Group Dancing</b></p> <p>10:00- 12:00 (M4) <b>Oil Painting</b></p> <p>10:45- 12:15 (M3) <b>Blood Pressure Screening</b></p> <p>11:00- 12:00 (M2) <b>Interesting and Informative Discussion</b></p> <p>11: 00 AM (Crystal Room) <b>*6/9 Emergency Preparedness</b></p>	<p>8:30- 9:45 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (M3) <b>Leisure Games</b></p> <p>10:00- 11:00 (Computer Lab) <b>Today's Technology</b></p> <p>10:00-12:00 (M4) <b>Chinese Culture Group Singing</b></p> <p>11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b></p> <p>11: 00 AM (Crystal Room) <b>*6/10 Nutrition Education by Amelia Jalandoni</b></p>	<p>8:30- 12:00 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:30- 12:00 (M2) <b>English for Chinese</b></p> <p>10:45- 12:15 (M3) <b>Blood Pressure Screening</b></p> <p>11: 00 AM (Crystal Room) <b>*6/4 FDNY Fire Safety Presentation</b></p>	<p><b>6/19 Center closed for Juneteenth</b></p> <p>8:30- 10:45 (M4) <b>Ping Pong</b></p> <p>8:30- 12:00 (Computer Lab)</p> <p>11:00- 12:00 (M4) <b>Bingo</b></p>
<b>LUNCH BREAK</b>				
<p>12:30- 3:45 (M4) <b>Ping Pong</b></p> <p>1:00- 2:00 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) <b>Zumba Gold</b></p> <p>3:00- 3:45 (M3) <b>Leisure Games</b></p>	<p>12:30- 3:00 (M4) <b>Drawing</b></p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b></p> <p>1:00- 2:00 (M2) <b>Drama Group</b></p> <p>1:30- 2:30 (Crystal Room) <b>Tai Chi</b></p>	<p>1: 15 PM (Crystal Room)</p> <p>12:30- 3:45 (M4) <b>Ping Pong</b></p> <p>12:30- 3:30 (M3) <b>Leisure Games</b></p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) <b>Yoga</b></p>	<p><b>Ping Pong</b> 12:30- 3:45 (M4)</p> <p>1:00- 3:30 (Computer Lab)</p> <p><b>Arts &amp; Crafts (Needlepoint)</b> 1:00- 3:45 (M2)</p> <p><b>Line Dancing</b> 1:30- 2:30 (Ballroom)</p>	<p>1:00- 3:45 (M4) <b>Ping Pong</b></p> <p>1:30- 2:30 (Ballroom)</p> <p><b>Yoga</b> 1:30-3:30 (Ballroom)</p> <p><b>SU CASA</b> 1:00- 2:30 (M2)</p> <p><b>Chinese Culture Group Advanced Singing</b> 1:00-2:30 (M3)</p> <p><b>Entertainment</b> <b>(1:15-2:15 PM, Crystal Room)</b> <b>*6/5- Windbreakers</b> <b>* 6/12 – SU CASA Presentation</b> <b>*6/26- JJ Burton</b></p>