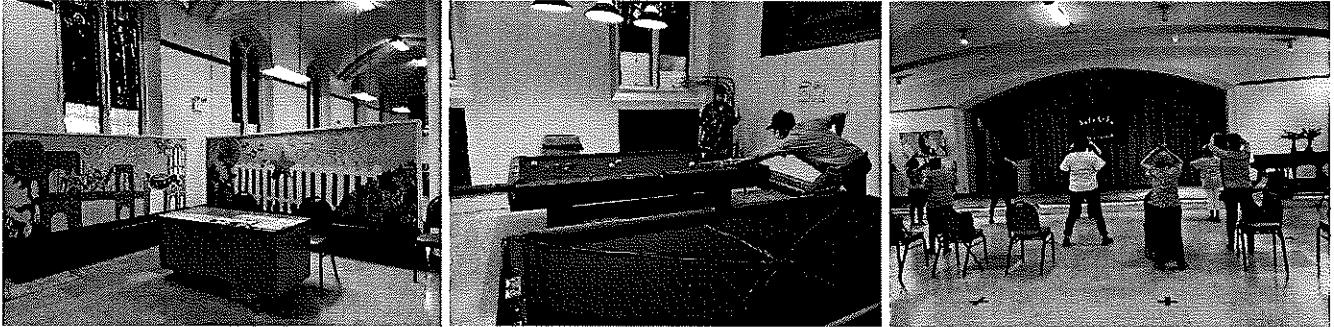




NEWS FROM THE STARS Noticia De Las Estrellas

Summer 2022



★ HIGHLIGHTS / DESTACADO

Calendar/Calendario: starseniorcenter.org/calendar

- Arts for the Stars: Mariachi celebrating Fathers
Friday, June 17 11:00am
- Senior Center closed: M 6/20 Juneteenth, M 7/4 Independence
Day, M 9/5 Labor Day

STAR SENIOR CENTER
650 West 187 Street, New York, NY 10033
212-781-8331 - starseniorcenter.org
f@starseniorcenter

A Service of Washington Heights Community Services, Inc.

*Note: Some classes & events are virtual on Zoom / Algunas clases y eventos son virtuales por Zoom
For more info visit / Para mas info visite starseniorcenter.org/calendar*

Partially Funded by: DFTA State office on Aging, Community Elected Officials & Private Grants

Mon	Tue	Wed	Thu	Fri
<p>30</p> <p>CLOSED/CERRADO -</p>	<p>31</p> <p>8:30am - BJ's Trip (5)</p> <p>9am - Big Apple Walk-A-Thon</p> <p>11am - Aerobic Equipment</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>1</p> <p>9:45am - Walking Club</p> <p>10:30am - Balance</p> <p>2pm - Art: Drawing</p> <p>2:45pm - Art: Painting</p>	<p>2</p> <p>9am - Big Apple Walk-A-Thon</p> <p>9am - Tech: Desktop</p> <p>10am - Tech: Mobile Devices</p> <p>10:45am - Zumba Workout</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>3</p> <p>9am - Blood Pressure</p> <p>9:45am - Stretch (+zoom)</p> <p>10:45am - Latin Dances</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>
<p>6</p> <p>9:45am - Walking Club</p> <p>10:30am - CANCELED /</p> <p>10:45am - Zumba Chair</p> <p>1pm - Circle of Support</p>	<p>7</p> <p>9am - Big Apple Walk-A-Thon</p> <p>10:30am - Tips for staying</p> <p>11am - Aerobic Equipment</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>8</p> <p>9:45am - Walking Club</p> <p>10:30am -</p> <p>10:30am - Mainstage</p> <p>2pm - Art: Drawing</p> <p>2:45pm - Art: Painting</p>	<p>9</p> <p>9am - BOTANICAL GARDEN</p> <p>9am - Big Apple Walk-A-Thon</p> <p>9am - Tech: Desktop</p> <p>10am - Tech: Mobile Devices</p> <p>10:45am - Zumba Workout</p> <p>1:15pm - ESL Grammar</p>	<p>10</p> <p>9am - Blood Pressure</p> <p>9:45am - Stretch (+zoom)</p> <p>10:45am - Latin Dances</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>
<p>13</p> <p>9:45am - Walking Club</p> <p>10:30am - Mental Health</p> <p>10:45am - Zumba Chair</p> <p>1pm - Circle of Support</p>	<p>14</p> <p>8:30am - BJ's Trip (5)</p> <p>9am - Big Apple Walk-A-Thon</p> <p>11am - Aerobic Equipment</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>15</p> <p>9:45am - Walking Club</p> <p>10:30am - BINGO!</p> <p>10:30am - Balance</p> <p>2pm - Art: Drawing</p> <p>2:45pm - Art: Painting</p>	<p>16</p> <p>9am - Big Apple Walk-A-Thon</p> <p>9am - Tech: Desktop</p> <p>10am - Tech: Mobile Devices</p> <p>10:30am - FOOD BANK</p> <p>10:45am - Zumba Workout</p> <p>1:15pm - ESL Grammar</p>	<p>17</p> <p>9am - Blood Pressure</p> <p>9:45am - Stretch (+zoom)</p> <p>10:45am - Latin Dances</p> <p>12:15pm - Father's Day</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>
<p>20</p> <p>CLOSED/CERRADO -</p>	<p>21</p> <p>9am - Big Apple Walk-A-Thon</p> <p>11am - Aerobic Equipment</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>22</p> <p>9:45am - Walking Club</p> <p>10:30am - BINGO!</p> <p>10:30am - Balance</p> <p>2pm - Art: Drawing</p> <p>2:45pm - Art: Painting</p>	<p>23</p> <p>9am - Big Apple Walk-A-Thon</p> <p>9am - Tech: Desktop</p> <p>10am - Tech: Mobile Devices</p> <p>10:45am - Zumba Workout</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>24</p> <p>9am - Blood Pressure</p> <p>9:45am - Stretch (+zoom)</p> <p>10:45am - Latin Dances</p> <p>11am - Birthday</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>
<p>27</p> <p>9:45am - Walking Club</p> <p>10:45am - Zumba Chair</p> <p>1pm - Circle of Support</p>	<p>28</p> <p>8:30am - BJ's Trip (5)</p> <p>9am - Big Apple Walk-A-Thon</p> <p>11am - Aerobic Equipment</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>29</p> <p>9:45am - Walking Club</p> <p>10:30am - BINGO!</p> <p>10:30am - Balance</p> <p>2pm - Art: Drawing</p> <p>2:45pm - Art: Painting</p>	<p>30</p> <p>9am - Big Apple Walk-A-Thon</p> <p>9am - Tech: Desktop</p> <p>10am - Tech: Mobile Devices</p> <p>10:45am - Zumba Workout</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>	<p>1</p> <p>9am - Blood Pressure</p> <p>9:45am - Stretch (+zoom)</p> <p>10:45am - Latin Dances</p> <p>1:15pm - ESL Grammar</p> <p>2:15pm - ESL Conversation</p>

Lunch Menu - Star Senior Center (650 W 187 Street 212-781-8331 StarSeniorCenter.org)

<p>5/30/22 CLOSED/CERRADO</p>	<p>5/31/22 BEEF MEATBALLS IN TOMATO SAUCE / Albóndigas de Res en Salsa Tomato WHOLE WHEAT SPAGUETTI / Espagueti de Trigo Entero GARDEN SALAD / Ensalada de Verduras</p>	<p>6/1/22 CHICKPEA STEW / Guiso de Garbanzos RICE PILAF / Plaf de Arroz SAUTEED SPINACH / Espinacas Salteadas</p>	<p>6/2/22 ASIAN-STYLE HONEY CHICKEN / Pollo de miel Estilo Asiático RICE W/VEGETABLES / Arroz con Vegetales ASIAN CABBAGE / Repollo Asiático</p>	<p>6/3/22 IMITATION CRAB CAKES / Pasteles de Cangrejo (imitacion) ROASTED ROOT VEGETABLES / Blandas Asadas GARDEN SALAD / Ensalada de Verduras</p>
<p>6/6/22 CHILE CON CARNE / Chile con Carne BROWN RICE / Arroz integral STEAMED SPINACH / Espinaca al Vapor</p>	<p>6/7/22 SMOTHERED PORK CHOPS / Chuletas c/Salsa Blanca GARLIC MASHED POTATOES / Papas Majadas c/Ajo GREEN BEAN SAUTE / Habichuelas Tiernas Salteadas</p>	<p>6/8/22 EGGPLANT PARMESIAN / Berenjena Parmesano ROASTED BROCCOLI / Brócoli Asado TOMATO & CUCUMBER SALAD / Ensalada de Tomate y Pepino</p>	<p>6/9/22 ITALIAN ROAST CHICKEN / Pollo Asado Italiano BLACK BEANS & RICE / Frijoles Negros y Arroz GARDEN SALAD / Ensalada de Verduras</p>	<p>6/10/22 STEWED CODFISH / Bacalao Guisado BROWN RICE / Arroz integral CALIFORNIA BLEND VEG. / Vegetales Mezcladas California YUCA W/ONIONS / Yuca con Cebollas</p>
<p>6/13/22 TERIYAKI CHICKEN / Pollo Teriyaki RICE W/VEGETABLES / Arroz con Vegetales ASIAN CABBAGE / Repollo Asiático</p>	<p>6/14/22 VEGETABLE BAKED ZITI PASTA / Pasta Ziti de Verduras al Horno CAULIFLOWER W/CARROTS & PARSLEY / Coliflor c/Zanahorias y Perejil</p>	<p>6/15/22 ROASTED PORK SHOULDER / Pernil YELLOW PLANTAINS / Platanos Maduros YELLOW RICE & PIGEON PEAS / Arroz con Guandules MIXED GREEN SALAD / Verduras Mixta</p>	<p>6/16/22 BBQ PORK CHOPS / Chuleta de Cerdo BBQ BAKED MACARONI & CHEESE / Macrones con queso LEMONY CUCUMBER & TOMATO SALAD / Ensalada de Pepino y Tomate con Limon</p>	<p>6/17/22 HOMEMADE FISH CAKE / Pastel de Pescado Casero RICE & BEANS / Arroz-Habichuelas BABY SPINACH SALAD / Ensalada de Espinaca Pequeña</p>
<p>6/20/22 CHINESE STYLE PEPPER STEAK / Bistec a la pimienta Chino RICE W/VEGETABLES / Arroz con Vegetales STEAMED BROCCOLI / Brócoli al Vapor</p>	<p>6/21/22 ROSEMARY CHICKEN / Pollo al Romero BROWN RICE W/KIDNEY BEANS / Arroz Integral c/Habichuelas Rojas GREEN BEAN SAUTE / Habichuelas Tiernas Salteadas RED BLISS POTATOES / Papas Rojas</p>	<p>6/22/22 VEGGIE BURGER / Hamburguesa de Vegetales BABY SPINACH SALAD / Ensalada de Espinaca Pequeña SIMPLE POTATO SALAD / Ensalada de Papa Simple</p>	<p>6/23/22 TURKEY MEATBALLS/Albóndigas de Pavo WHOLE WHEAT SPAGUETTI / Espagueti de Trigo Entero GARDEN SALAD / Ensalada de Verduras</p>	<p>6/24/22 IMITATION CRAB CAKES / Pasteles de Cangrejo (imitacion) YELLOW RICE & PIGEON PEAS / Arroz con Guandules ROASTED ROOT VEGETABLES / Blandas Asadas</p>
<p>6/27/22 SPANISH-STYLE BEEF STEW / Carne de Res Guisada YELLOW RICE / Arroz Amarillo CALIFORNIA BLEND VEG. / Vegetales Mezcladas California YELLOW PLANTAINS / Platanos Maduros</p>	<p>6/28/22 BBQ CHICKEN LEGS / Cadera y Muslo de Pollo BBQ MASHED POTATOES / Puré de Papas STEAMED CABBAGE / Repollo al Vapor</p>	<p>6/29/22 BAKED MACARONI & CHEESE / Macrones con queso GREEN BEAN SAUTE / Habichuelas Tiernas Salteadas GARDEN SALAD / Ensalada de Verduras</p>	<p>6/30/22 STEWED PORK CHOPS / Chuleta Guisada RICE & BEANS / Arroz Habichuelas ROASTED BROCCOLI / Brócoli Asado</p>	<p>7/1/22 STEWED CODFISH / Bacalao Guisado BROWN RICE / Arroz integral CALIFORNIA BLEND VEG. / Vegetales Mezcladas California YUCA W/ONIONS / Yuca con Cebollas</p>