

Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197
Monthly Menu: NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Alternates to Hot Lunch</p> <p>Mon, Wed & Fri: Tuna Salad* Tue & Thurs: Egg Salad* *Exception: On days when the Hot Lunch is Fish, the Alternate will be Sliced Turkey</p>		<p>1 Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables Whole Wheat Bread Pear & Milk</p>	<p>2 Fish Francaise Roasted Butternut Squash Creamy Spinach (Dairy-free) Whole Wheat Bread Banana & Milk</p>	<p>3 Hawaiian Chicken White Rice/Steamed Carrots Challah Bread Plums & Milk *Cake - Older New Yorkers Day</p>
<p>6 Chicken Marsala White Rice Italian Blend Vegetables Whole Wheat Bread Apple & Milk</p>	<p>7 Shepherd Pie w/Beef &Turkey Mashed Sweet Potatoes Garden Salad Whole Wheat Bread Orange & Milk</p>	<p>8 Sweet and Sour Meatballs Egg Noodles Creamy Spinach (Dairy-free) Whole Wheat Bread Nectarine & Milk</p>	<p>9 Classic Black Bean Stew (Pre-prepared); Brown Rice Steamed Green Beans Whole Wheat Bread Plums & Milk *Almond Cookie</p>	<p>10 Free Lunch for Veterans Roasted Chicken/Brown Gravy Potato Kugel Carrot Tzimmes Challah Bread Applesauce & Milk *Cake - Veterans Day</p>
<p>13 Turkey Burger Sauteed Onions & Peppers Roasted Potatoes California Blend Vegetables Whole Wheat Pita Apple & Milk</p>	<p>14 Beef Meatloaf with Mushroom Gravy Mashed Sweet Potatoes Creamy Spinach (Dairy-free) Whole Wheat Bread Orange & Milk</p>	<p>15 Fish Francaise Rice A Roni Steamed Zucchini Whole Wheat Bread Nectarine & Milk</p>	<p>16 Dairy-free Eggplant Rollatini Fusilli Pasta with Parsley Steamed Carrots Garlic Bread Plums & Milk *Birthday Cake</p>	<p>17 Cranberry Chicken Sweet Noodle Kugel Vegetable Mix (Non-starchy) Challah Bread Applesauce & Milk</p>
<p>20 Chinese Style Pepper Steak Vegetable Lo Mein Oriental Blend Vegetables Whole Wheat Bread Apple & Milk</p>	<p>21 Thanksgiving Luncheon (Menu to be given later)</p>	<p>22 Salmon Cakes/Dill Lemon Sauce Roasted Butternut Squash Steamed Zucchini Whole Wheat Bread Nectarine & Milk</p>	<p align="center">CLOSED FOR THANKSGIVING</p>	<p align="center">CENTER CLOSED</p>
<p>27 Homemade Tomato Sauce/ Meat Sauce Pasta Capri Blend Vegetables Whole Wheat Bread Orange & Milk</p>	<p>28 Baked Falafel Patties Hummus/Whole Wheat Pita Yellow Rice and Pigeon Peas Za'atar Spiced Israeli Salad Pear & Milk *Cup Cake</p>	<p>29 Turkey with Gravy Mashed Sweet Potatoes Steamed Green Beans Whole Wheat Bread Nectarine & Milk</p>	<p>30 Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables Whole Wheat Bread Plums & Milk</p>	<p align="center">GLATT KOSHER</p>

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

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Calendar of Activities: NOVEMBER 2023

The Center will close at 2 PM on Wednesday 11/22, and will be closed on 11/23 and 11/24.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong	8:30- 9:30 (M4) Ping Pong	8:30- 9:45 (M4) Ping Pong	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Table Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) Table Games	10:00- 12:00 (M4) Oil Painting	10:00- 11:00 (Computer Lab) Smart Phones	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
9:30- 11:00 (Lower Crystal) Chinese Culture Group Dancing	10:45- 12:15 (M3) Blood Pressure Screening	11:00- 12:00 (Computer Lab) Surfing the Net	Workshop (Crystal Room) *11/16 Open Enrolment Workshop by Lee Chun, Firsthealth (11:15)	
11:00- 12:00 (M2) Staywell Exercise	11:00- 12:00 (M2) Interesting & Informative Discussion	10:00- 12:00 (M4) Chinese Culture Group Singing		
11:00- 12:00 (M3) Current Events		Workshop (Crystal Room) *11/8 Nutrition Education by Amella (11:15)		
12:00-1:00 LUNCH				
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	<u>Center closes at 2PM on 11/22</u>	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong
12:30- 3:30 (M3) Table Games	1:00- 3:30 (Computer Lab)	12:30- 3:45 (M4) Ping Pong	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
1:00- 2:00 (Computer Lab) Technology Assistance	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	Entertainment 1:15- 2:15 (Crystal Room)
2:00- 3:30 (Computer Lab)	1:00- 2:00 (M2) Drama Group	12:30- 3:30 (M3) Table Games	1:30- 2:30 (Crystal Room) Line Dancing	*11/3 The Windbreakers
1:30- 2:30 (Crystal Room) Zumba Gold	1:30- 2:30 (Crystal Room) Tai Chi	1:30- 2:30 (Crystal Room) Yoga *Yoga cancelled on 11/22		*11/10 Veterans Day Program
				*11/17 Karaoke

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