



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GLATT KOSHER</p>				<p>1 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Omelet</p>
<p>4 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Apple and Milk Alternate: Egg Salad</p>	<p>5 Chicken Spaghetti Casserole Green Beans Whole Wheat Bread Orange and Milk Alternate: Tuna Salad</p>	<p>6 Baked Salmon /Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) and Milk Alternate: Sliced Turkey</p>	<p>7 Vegetarian Moussaka Tossed Salad with Dressing Fusilli Pasta with Parsley Whole Wheat Bread Pear and Milk Alternate: Omelet *Cookie</p>	<p>8 Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce and Milk Alternate: Breaded Pollack</p>
<p>11 Baked Asian Style Honey Chicken Steamed Carrots Vegetable Lo Mein Whole Wheat Bread Apple and Milk Alternate: Tuna Salad</p>	<p>12 Chinese Style Pepper Steak Oriental Blend Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Orange and Milk Alternate: Omelet</p>	<p>13 Salmon Cake/ Dill Lemon Sauce Roasted Butternut Squash Vegetable Ratatouille Whole Wheat Bread Nectarine and Milk Alternate: Sliced Turkey</p>	<p>14 Whole Wheat Bean Burrito Tossed Salad with Dressing Rice and Beans Plums (2) and Milk Alternate: Breaded Pollack *Birthday Cake</p>	<p>15 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce and Milk Alternate: Tuna Salad</p>
<p>18 Classic Chicken Cacciatore Italian Blend Vegetables Whole Wheat Pasta Whole Wheat Bread Apple and Milk Alternate: Breaded Pollack</p>	<p>19 Oven Baked Falafel Patties Hummus (1/4 cup) Israeli Salad Whole Wheat Pita Orange and Milk Alternate: Tuna Salad *Cookie</p>	<p>20 Shepherd Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis (2) and Milk Alternate: Omelet</p>	<p>21 Baked Salmon/ Dill Lemon Sauce Braised Red Cabbage Rice Pilaf Whole Wheat Bread Pear and Milk Alternate: Sliced Turkey</p>	<p>22 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk Alternate: Egg Salad</p>
<p>25 Hawaiian Chicken Steamed Green Beans Coconut Rice and Pigeon Peas Whole Wheat Bread Apple and Milk Alternate: Omelet</p>	<p>26 THANKSGIVING LUNCHEON & PARTY with Entertainment by Tony Gap</p>	<p>27 Beef Pot Roast/Sauteed Onions and Peppers Mashed Sweet Potatoes Spinach Souffle; W Wheat Bread Kiwis (2) and Milk Alternate: Tuna Salad EARLY CLOSURE at 2:00PM</p>	<p>28 CENTER CLOSED FOR THANKSGIVING DAY</p>	<p>29 CENTER CLOSED FOR THANKSGIVING</p>



Calendar of Activities November 2024

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

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	8:30- 9:30 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 9:30- 11:00 (Ballroom) Chinese Culture Club 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 10:30 am *11/12 Arts and Crafts Sale	8:30- 9:45 (M4) Ping Pong 8:30- 12:00 (M3) Leisure Games 10:00- 11:00 (Computer Lab) Today's Technology 11:00- 12:00 (Computer Lab) Surfing the Internet 10:00- 12:00 (M4) Chinese Culture Group Singing 11:15 am (Crystal Room) *11/6 Nutrition Education by Amelia Jalandoni	*Center CLOSED on 11/28 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 11:15 am (Crystal Room) *11/7 Medicare Annual Election Period (EAP) by Sherry Lee of Healthfirst *11/14 Medicare Part 2 by Kseniya	*Center CLOSED on 11/29 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) Technology Assistance 1:30- 2:30 (Crystal Room) 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	*Center closes at 2:00 PM on 11/27 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	*Center CLOSED on 11/28 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	*Center CLOSED on 11/29 1:00- 3:45 (M4) Ping Pong 1:00- 2:30 (Computer Lab) Entertainment (1:15-2:15 pm, Crystal Room) *11/1 - J J Burton *11/8 - The Windbreakers *11/15 - The Melodians *11/22 - Karaoke