






Menu for October 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| CENTER OPEN SUNDAY 12th, Entertainment by Tony Gap | GLATT KOSHER | 1 Beef Meatballs with Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Kiwis and Milk <i>Alternate: Tuna Salad</i> | 2 CLOSED FOR  YOM KIPPUR | 3 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <i>Alternate: Egg Salad</i> |
| 6 Sliced Turkey Breast with Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk <i>Alternate: Breaded Pollack</i> | 7  | 8  | 9 Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Pear and Milk <i>Alternate: Omelet</i> <i>*Cookie</i> | 10 Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i> |
| 13 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lomein Whole Wheat Bread Apple and Milk <i>Alternate: Egg Salad</i> | 14  CLOSED FOR Simchat Torah | 15  CLOSED FOR Simchat Torah | 16 Whole Wheat Bean Burrito Fresh Tomato Salsa (Pico de Gallo) Tossed Salad with Dressing Brown Rice Pear and Milk <i>Alternate: Tuna Salad</i> <i>*Cookie</i> | 17 Sweet & Sour Chicken Oriental Blend Vegetables Springtime Fried Brown Rice Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i> |
| 20 Classic Chicken Cacciatore Steamed Green Beans Garden Salad Pasta Whole Wheat Bread Apple and Milk <i>Alternate: Omelet</i> | 21 Black Bean Mushroom Burger Hummus; Israeli Salad Rice Pilaf Whole Wheat Pita Orange and Milk <i>Alternate: Breaded Pollack</i> <i>*Birthday Cake</i> | 22 Beef Pot Roast/Sauteed Onions and Peppers Broccoli Souffle Mashed Sweet Potatoes Whole Wheat Bread Kiwis and Milk <i>Alternate: Egg Salad</i> | 23 Salmon Salad Red Cabbage Bowtie Pasta Salad Plain Pita Pear and Milk <i>Alternate: Sliced Turkey</i> | 24 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i> |
| 27 Grilled Chicken Breast Sauteed Green Beans/Onions Roasted Spiced Red Potatoes Whole Wheat Bread Apple and Milk <i>Alternate: Egg Salad</i> | 28 Vegan Stuffed Bell Peppers Health Slaw Whole Wheat Bread Orange and Milk <i>Alternate: Tuna Salad</i> <i>*Cookie</i> | 29 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Kiwis and Milk <i>Alternate: Omelet</i> | 30 Baked Salmon Oriental Blend Vegetables Springtime Fried Brown Rice Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i> | 31 Chicken Shawarma Beets and Onion Salad Jeera Rice (Cumin Spiced Rice) Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i> |

Calendar of Activities – OCTOBER 2025

| 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 | 10/7 & 10/14 CENTER CLOSED 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 11: 00 AM (Crystal Room) *10/21 Medicare Workshop | 10/8 & 10/15 CENTER CLOSED 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) *10/22 Nutrition Education by Amelia Jalandoni | 10/2 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) *10/9 Alzheimer Presentation 11: 00 AM (Crystal Room) *10/16 Cyber Security 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 | 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 12:30- 2:30 (M3) Melodians Rehearsal 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) *10/3 Windbreaker * 10/10 JJ Burton * 10/17 Movie * 10/31 Karaoke |