

Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197 **Menu for October 2025**

140115414			- 1111000 434	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CENTER OPEN	GLATT	1	2	3
SUNDAY 12th,	KOSHER	Beef Meatballs with Tomato	CLOSED FOR	Roasted Chicken Carrot Tzimmes
·	113311211	Sauce Spaghetti	W W	Potato Kugel
Entertainment by		Spinach Souffle	YOM	Challah Bread
Tony Gap		Whole Wheat Bread	KIPPUR	Applesauce and Milk
Tony Cap		Kiwis and Milk		Alternate: Egg Salad
		Alternate: Tuna Salad		
6	7	8	9	10
Sliced Turkey Breast with			Eggplant Tofu Rollatini	Cranberry Chicken
Gravy	CLOSED FOR		Green Bean Salad	Zucchini Provencal
Steamed Green Beans	SUKKOT	SUKKOT	Pasta	Sweet Noodle Kugel
Mashed Sweet Potatoes		* WE	Garlic Bread	Challah Bread
Cranberry Sauce			Pear and Milk	Applesauce and Milk
Whole Wheat Bread		gi 🗸	Alternate: Omelet	Alternate: Tuna Salad
Apple and Milk			*Cookie	
Alternate: Breaded Pollack 13	14	15	16	17
Chinese Style Pepper Steak	14	13	Whole Wheat Bean Burrito	Sweet & Sour Chicken
Steamed Broccoli			Fresh Tomato Salsa (Pico de Gallo)	Oriental Blend Vegetables
Vegetable Lomein			Tossed Salad with Dressing	Springtime Fried Brown Rice
Whole Wheat Bread	CLOSED FOR	CLOSED FOR	Brown Rice	Challah Bread
Apple and Milk	Simchat Torah	Simchat	Pear and Milk	Applesauce and Milk
Alternate: Egg Salad	Toran	Torah	Alternate: Tuna Salad	Alternate: Breaded Pollack
			*Cookie	
20	21	22	23	24
Classic Chicken Cacciatore	Black Bean Mushroom Burger	Beef Pot Roast/Sauteed Onions	Salmon Salad	Roasted Chicken
Steamed Green Beans	Hummus; Israeli Salad	and Peppers	Red Cabbage	Carrot Tzimmes
Garden Salad	Rice Pilaf Whole Wheat Pita	Broccoli Souffle Mashed Sweet Potatoes	Bowtie Pasta Salad Plain Pita	Potato Kugel Challah Bread
Pasta Whole Wheat Bread	Orange and Milk	Whole Wheat Bread	Plain Pita Pear and Milk	Applesauce and Milk
Apple and Milk	Alternate: Breaded Pollack	Kiwis and Milk	Alternate: Sliced Turkey	Alternate: Tuna Salad
Alternate: Omelet	*Birthday Cake	Alternate: Egg Salad	Atternate. Sheed Farkey	Atternate, Turia Jaiau
27	28	29	30	31
Grilled Chicken Breast	Vegan Stuffed Bell Peppers	Shepherd's Pie with Beef	Baked Salmon	Chicken Shawarma
Sauteed Green Beans/	Health Slaw	Tossed Salad with Dressing	Oriental Blend Vegetables	Beets and Onion Salad
Onions	Whole Wheat Bread	Whole Wheat Bread	Springtime Fried Brown Rice	Jeera Rice (Cumin Spiced Rice)
Roasted Spiced Red Potatoes		Kiwis and Milk	Whole Wheat Bread	Challah Bread
Whole Wheat Bread	Alternate: Tuna Salad	Alternate: Omelet	Pear and Milk	Applesauce and Milk
Apple and Milk	*Cookie		Alternate: Sliced Turkey	Alternate: Breaded Pollack
Alternate: Egg Salad				



Calendar of Activities - OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
8:30- 12:00 (M4)	10/7 & 10/14 CENTER CLOSED	10/8 & 10/15 CENTER CLOSED	10/2 CENTER CLOSED	8:30- 10:45 (M4)			
Ping Pong	8:30- 9:30 (M4)			Ping Pong			
	Ping Pong	8:30- 9:45 (M4)	8:30- 12:00 (M4)				
8:30- 12:00 (Computer Lab)		Ping Pong	Ping Pong	8:30- 12:00 (Computer Lab)			
	8:30- 12:00 (Computer Lab)						
8:30- 11:00 (M3)	0.00 44.00/P !!	8:30- 12:00 (M3)	8:30- 12:00 (Computer Lab)	11:00- 12:00 (M4)			
Leisure Games	9:30- 11:00 (Ballroom)	Leisure Games	10.00.10.00().10\	Bingo			
11.00 12.00 (M2)	Chinese Culture Group Dancing	10:00 11:00 (Ctll-)	10:30- 12:00 (M2)				
11:00- 12:00 (M3) Current Events	Dancing	10:00- 11:00 (Computer Lab)	English for Chinese				
Current Events	10:00- 12:00 (M4)	Today's Technology	10:45- 12:15 (M3)				
11:00- 12:00 (Ballroom)	Oil Painting	10:00-12:00 (M4)	Blood Pressure Screening				
Staywell Exercise	on running	Chinese Culture Group Singing	(Every 1st & 3rd week)				
Ctay trem Exercise	10:45- 12:15 (M3)	Cimiese Cartare Group Singing	(Every 1 do week)				
	Blood Pressure Screening	11:00- 12:00 (Computer Lab)	11: 00 AM (Crystal Room)				
	_	Surfing the Internet	-				
	11:00- 12:00 (M2)	C	*10/9 Alzheimer Presentation				
	Interesting and Informative	11:00 AM (Crystal Room)					
	Discussion	*10/22 Nutrition Education by	11: 00 AM (Crystal Room)				
		Amelia Jalandoni	*10/16 Cyber Security Workshop				
	11: 00 AM (Crystal Room)	Amena Jalandoni					
	*10/21 Medicare Workshop						
LUNCH BREAK							
12:30- 3:45 (M4)	12:30- 3:00 (M4)	12:30- 3:45 (M4)	12:30- 3:45 (M4)	1:00- 3:45 (M4)			
Ping Pong	Drawing	Ping Pong	Ping Pong	Ping Pong			
1.00 2.00 (Computor Lab)	1.00 2.20 (Computar Lab)	12:30- 3:30 (M3)	12.20 2.20 (M2)	1:20 2:20 (Ballyaam)			
1:00- 2:00 (Computer Lab)	1:00- 3:30 (Computer Lab)	Leisure Games	12:30- 2:30 (M3) Melodians Rehearsal	1:30- 2:30 (Ballroom) Yoga			
1:30- 2:30 (Ballroom)	1:00- 3:45 (M3)	Leisul e Gailles	Meloulalis Refleat sai	Toga			
Zumba Gold	Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)			
Zumba Gola	Aits a craits (sewelly)	1.00 0.00 (Compater Lab)	1.00 0.00 (compater Lab)	1.00 2.00 (Computer Lub)			
3:00- 3:45 (M3)	1:00- 2:00 (M2)	1:30- 2:30 (Ballroom)	1:00- 3:45 (M2)	1:00-2:30 (M3)			
Leisure Games	Drama Group	Yoga	Arts & Crafts (Needlepoint)	Chinese Culture Group			
	·	G	,	Advanced Singing			
	1:30- 2:30 (Crystal Room)		1:30- 2:30 (Ballroom)				
	Tai Chi		Line Dancing	Entertainment			
				(1:15-2:15 PM, Crystal Room)			
				*10/3 Windbreaker			
				* 10/10 JJ Burton			
				* 10/17 Movie			
				* 10/31 Karaoke			