

## **Austin Street Older Adult Center, 1**06-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197 **Menu for November 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken Spaghetti Casserole	Kasha Knish and Hummus	Stuffed Cabbage with Beef in	Baked Breaded Pollack	Hawaiian Chicken
Tossed Salad with Dressing	Chickpea Salad	Tomato Sauce	Beet Salad	Capri Blend Vegetables
Whole Wheat Bread	Israeli Salad	Vegetable Ratatouille	Yellow Rice	Roasted Sweet Potato Slices
Apple and Milk	Whole Wheat Bread	Kasha Varnishkes	Whole Wheat Bread	Challah Bread
Alternate: Egg Salad	Orange and Milk	Whole Wheat Bread	Pear and Milk	Applesauce and Milk
	Alternate: Breaded Pollack	Kiwis and Milk	Alternate: Sliced Turkey	Alternate: Omelet
	*Cookie	Alternate: Tuna Salad		
10	11	12	13	14
Chicken Marsala	Vegetarian Moussaka	Beef Meatballs/ Tomato Sauce	Baked Salmon	Roasted Chicken
Steamed Broccoli	Tossed Salad with Dressing	Spaghetti	Vegetable Mix	Carrot Tzimmes
White Rice	Whole Wheat Bread	Spinach Souffle	Homemade Mashed Potatoes	Potato Kugel
Whole Wheat Bread	Orange and Milk	Whole Wheat Bread	Whole Wheat Bread	Challah Bread
Apple and Milk	Alternate: Breaded Pollack	Kiwis and Milk	Pear and Milk	Applesauce and Milk
Alternate: Tuna Salad	*Birthday Cake	Alternate: Egg Salad	Alternate: Sliced Turkey	Alternate: Egg Salad
17	18	19	20	21
Sliced Turkey Breast with Gravy	Shepherd's Pie with Beef	Baked Breaded Pollack	Eggplant Tofu Rollatini	Cranberry Chicken
Steamed Green Beans	Tossed Salad with Dressing	Tartar Sauce	Green Bean Salad	Zucchini Provencal
Mashed Sweet Potatoes	Whole Wheat Bread	Cucumber Salad	Pasta	Sweet Noodle Kugel
Cranberry Sauce	Orange and Milk	Rice A Roni	Garlic Bread	Challah Bread
Whole Wheat Bread	Alternate: Egg Salad	Whole Wheat Bread	Pear and Milk	Applesauce and Milk
Apple and Milk		Kiwis and Milk	Alternate: Omelet	Alternate: Tuna Salad
Alternate: Breaded Pollack		Alternate: Sliced Turkey	*Cookie	
24	25	26	27	28
Chinese Style Pepper Steak	Thanksgiving	Salmon Cake/ Dill Lemon Sauce	MA DE NA	And Mas
Steamed Broccoli	Luncheon	Cucumber Dill Salad		美山沙湾
Vegetable Lomein	_ , _, _,	Couscous	CLOSED FOR	CLOSED FOR
Whole Wheat Bread	W/ Entertainment by	Whole Wheat Bread	THANKSGIVING	THANKSGIVING
Apple and Milk	CARL MARMO	Kiwis and Milk	and the	30 38 38 38 38 38 38 38 38 38 38 38 38 38
Alternate: Egg Salad	CARL MARMO	Alternate: Sliced Turkey		
		Center closes at 2 PM		
GLATT				
KOSHER				



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4)	8:30- 9:30 (M4)	11/26 Early Closure at 2pm	11/27 Center Closed	11/28 Center Closed
Ping Pong	Ping Pong			
		8:30- 9:45 (M4)	8:30- 12:00 (M4)	8:30- 10:45 (M4)
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer	Ping Pong	Ping Pong	Ping Pong
0.20.44.00 (M2)	Lab)	0.20, 42.00 (N42)	0.20 12.00 (Commutant al.)	0.20 40.00 (6
8:30- 11:00 (M3) Leisure Games	9:30- 11:00 (Ballroom)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
Leisure Gaines	Chinese Culture Group	Leisure Gaines	10:30- 12:00 (M2)	11:00- 12:00 (M4)
11:00- 12:00 (M3)	Dancing	10:00- 11:00 (Computer Lab)	English for Chinese	Bingo
Current Events	Building	Today's Technology	English for Chinese	Silige
	10:00- 12:00 (M4)		10:45- 12:15 (M3)	
11:00- 12:00 (Ballroom)	Oil Painting	10:00-12:00 (M4)	Blood Pressure Screening	
Staywell Exercise		Chinese Culture Group	(Every 1st & 3rd week)	
	10:45- 12:15 (M3)	Singing		
	Blood Pressure Screening	44.00.40.00/6	11: 00 AM (Crystal Room)	
	11:00- 12:00 (M2)	11:00- 12:00 (Computer Lab)	*11/6 Elder Abuse Workshop	
	Interesting and	Surfing the Internet	*11/13 Medicare AEP workshop	
	Informative	11:00 ANA/Cm (stal Boom)	by Sam Chen	
	Discussion	11: 00 AM (Crystal Room)		
		*11/05 Nutrition Education by		
	11: 00 AM (Crystal Room)	Amelia Jalandoni		
		LUNGU DDEAK		
40.00 0.45 (1.41)	40.00.000/144	LUNCH BREAK	40.00 0.45 (0.44)	4.00.0.45(4.44)
12:30- 3:45 (M4)	12:30- 3:00 (M4)	1: 15 PM (Crystal Room)	12:30- 3:45 (M4)	1:00- 3:45 (M4)
Ping Pong	Drawing	*11/19 Melodians	Ping Pong	Ping Pong
1:00- 2:00 (Computer Lab)	1:00- 3:30 (Computer Lab)	Performance	12:30- 2:30 (M3)	1:30- 2:30 (Ballroom)
1.00 2.00 (Computer Lab)	1.00 3.30 (Computer Lab)	42-20 2-45 (N44)	Melodians Rehearsal	Yoga
1:30- 2:30 (Ballroom)	1:00-3:45 (M3)	12:30- 3:45 (M4) Ping Pong	Prefodians Refredisal	1.050
Zumba Gold	Arts & Crafts (Jewelry)	Filig Folig	1:00- 3:30 (Computer Lab)	1:00- 2:30 (Computer Lab)
	, , ,	12:30- 3:30 (M3)		· ·
3:00- 3:45 (M3)	1:00- 2:00 (M2)	Leisure Games	1:00- 3:45 (M2)	1:00-2:30 (M3)
Leisure Games	Drama Group		Arts & Crafts (Needlepoint)	Chinese Culture Group
	100 000 (0	1:00- 3:30 (Computer Lab)	4.00.000/P. !!	Advanced Singing
	1:30- 2:30 (Crystal Room)		1:30- 2:30 (Ballroom)	Entertainment
	Tai Chi	1:30- 2:30 (Ballroom)	Line Dancing	Entertainment (1:15-2:15 PM, Crystal Room)
		Yoga		*11/7 Juan Ortega
				* 11/14 Tony Gap
				* 11/21 JJ Burton