





Menu for May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER				1 Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i>
4 Sliced Turkey Breast w/ Gravy Steamed Green Beans Mashed Sweet Potatoes Cranberry Sauce Whole Wheat Bread Apple and Milk <i>Alternate: Omelet</i>	5 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Orange and Milk <i>Alternate: Chicken Salad</i>	6 Baked Breaded Pollack Cucumber Salad Rice A Roni Tartar Sauce Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i>	7 Eggplant Tofu Rollatini Green Bean Salad Pasta Garlic Bread Banana and Milk <i>Alternate: Omelet</i> *Cookie	8 Cranberry Chicken Zucchini Provencal Sweet Noodle Kugel Challah Bread Applesauce and Milk <i>Alternate: Tuna Salad</i>
11 Chinese Style Pepper Steak Steamed Broccoli Vegetable Lomein Whole Wheat Bread Apple and Milk <i>Alternate: Chicken Salad</i>	12 Individual Chicken Pot Pie Tomato and Cucumber Salad Whole Wheat Bread Orange and Milk <i>Alternate: Omelet</i>	13 Salmon Cake/ Dill Lemon Sauce Cucumber Dill Salad Couscous Whole Wheat Bread Pear and Milk <i>Alternate: Sliced Turkey</i>	14 Whole Wheat Bean Burrito Fresh Tomato Salsa (Pico de Gallo) Tossed Salad with Dressing Brown Rice Banana and Milk <i>Alternate: Tuna Salad</i> *Birthday Cake	15 Sweet and Sour Chicken Oriental Blend Vegetables Springtime Fried Brown Rice Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i>
18 Classic Chicken Cacciatore Steamed Green Beans Garden Salad Pasta Whole Wheat Bread Apple and Milk <i>Alternate: Tuna Salad</i>	19 Baked Salmon Red Cabbage Bowtie Pasta Salad Plain Pita Banana and Milk <i>Alternate: Sliced Turkey</i>	20 Beef Pot Roast/Sauteed Onions and Peppers Broccoli Souffle Mashed Sweet Potatoes Whole Wheat Bread Pear and Milk <i>Alternate: Breaded Pollack</i>	21 Chickpea Curry Stew with Butternut Squash Green Beans, White Rice Whole Wheat Bread Banana and Milk <i>Alternate: Chicken Salad</i> *Cookie	22 
25 	26 Lentil Stew Braised Red Cabbage Brown Rice Whole Wheat Bread Orange and Milk <i>Alternate: Chicken Salad</i> *Cookie	27 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Pear and Milk <i>Alternate: Omelet</i>	28 Baked Salmon Oriental Blend Vegetables Springtime Fried Brown Rice Whole Wheat Bread Banana and Milk <i>Alternate: Sliced Turkey</i>	29 Chicken Shawarma Beets and Onion Salad Jeera Rice (Cumin Spiced Rice) Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i>



Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197 Calendar of Activities – MAY 2026

<p>5/25 Center closed for Memorial Day</p>	<p>8:30- 9:30 (M4) Ping Pong</p>	<p>8:30- 9:45 (M4) Ping Pong</p>	<p>8:30- 12:00 (M4) Ping Pong</p>	<p>5/22 Center closed for Shavuot</p>
<p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>8:30- 11:00 (M3) Leisure Games</p> <p>11:00- 12:00 (M3) Current Events</p> <p>11:00- 12:00 (Ballroom) Staywell Exercise</p>	<p>8:30- 12:00 (Computer Lab)</p> <p>9:30- 11:00 (Ballroom) Chinese Culture Group Dancing</p> <p>10:00- 12:00 (M4) Oil Painting</p> <p>10:45- 12:15 (M3) Blood Pressure Screening</p> <p>11:00- 12:00 (M2) Interesting and Informative Discussion</p>	<p>8:30- 12:00 (M3) Leisure Games</p> <p>10:00- 11:00 (Computer Lab) Today's Technology</p> <p>10:00-12:00 (M4) Chinese Culture Group Singing</p> <p>11:00- 12:00 (Computer Lab) Surfing the Internet</p> <p>11: 00 AM (Crystal Room) *5/6 Nutrition Education by Amelia Jalandoni</p>	<p>8:30- 12:00 (Computer Lab)</p> <p>10:30- 12:00 (M2) English for Chinese</p> <p>*5/7 Elder Abuse by Marissa Hosein</p>	<p>8:30- 10:45 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>11:00- 12:00 (M4) Bingo</p> <p>*5/29 Health Colon Function Talk by Stancy Saji- Northwell</p>
LUNCH BREAK				
<p>12:30- 3:45 (M4) Ping Pong</p> <p>1:00- 2:00 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) Zumba Gold</p> <p>3:00- 3:45 (M3) Leisure Games</p>	<p>12:30- 3:00 (M4) Drawing</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M3) Arts & Crafts (Jewelry)</p> <p>1:00- 2:00 (M2) Drama Group</p> <p>1:30- 2:30 (Crystal Room) Tai Chi</p>	<p>1: 15 PM (Crystal Room)</p> <p>12:30- 3:45 (M4) Ping Pong</p> <p>12:30- 3:30 (M3) Leisure Games</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) Yoga</p>	<p>12:30- 3:45 (M4) Ping Pong</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M2) Arts & Crafts (Needlepoint)</p> <p>1:30- 2:30 (Ballroom) Line Dancing</p>	<p>1:00- 3:45 (M4) Ping Pong</p> <p>1:30- 2:30 (Ballroom) Yoga</p> <p>1:30-3:30 (M2)</p> <p>SU CASA</p> <p>1:00- 2:30 (Computer Lab)</p> <p>1:00-2:30 (M3) Chinese Culture Group Advanced Singing</p> <p>Entertainment (1:15-2:15 PM, Crystal Room)</p> <p>*5/1- Windbreakers</p> <p>* 5/8 – JJ Burton</p> <p>* 5/15 Garret Ryan</p> <p>*5/29- Karaoke</p>