



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

Menu for November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pepper Steak Vegetable Lo Mein (side) Whole Wheat Bread Steamed Broccoli Fresh Fruit	3 Baked Salmon Homemade Mashed Potatoes Whole Wheat Bread Vegetable Mix Fresh Fruit	4 Baked Asian Style Honey Chicken Springtime Fried Brown Rice Whole Wheat Bread California Blend Vegetables Fresh Fruit	5 Curry Chickpea Stew Brown Rice Whole Wheat Bread Tossed Salad with Dressing Banana Cookie	6 Roasted Chicken Roasted Red Potatoes Challah Bread Steamed Carrots Fresh Fruit
9 Turkey Chili con Carne Brown Rice Whole Grain Yellow Corn Tortillas Steamed Carrots Fresh Fruit	10 Eggplant Rollatini Garlic Bread Tossed Salad with Dressing Fresh Fruit Birthday Cake	11 Baked Beaded Pollack Rice A Roni Whole Wheat Bread Creamy Spinach Fresh Fruit	12 Hawaiian Chicken Whole Wheat Bread Potato Souffle Steamed Carrots Banana	13 Beef Pot Roast Challah Bread Coleslaw Mashed Sweet Potatoes Fresh Fruit
16 Individual Chicken Pot Pie Whole Wheat Bread Tossed Salad w/ Chickpeas Fresh Fruit	17 Sweet & Sour Beef Meatballs Toasted Arcini de Pepe w/ Onions Whole Wheat Bread Spinach Souffle Fresh Fruit	18 Lentil Stew w/ Carrots & Turnips Brown Rice Whole Wheat Bread Steamed Broccoli Fresh Fruit Cookie	19 Roasted Chicken Rice Pilaf Whole Wheat Bread Vegetable Mix Banana	20 Teriyaki Baked Fish Springtime Fried Brown Rice Challah Bread Steamed Green Beans Fresh Fruit
23 Chicken Cacciatore Mashed Red Potatoes Whole Wheat Bread Green Beans with Garlic Fresh Fruit	24 Carved Turkey w/ Gravy Stuffing, mashed potatoes Whole Green Beans w/ Blistered Tomatoes, Cranberry relish Apple Strudel, Vege soup, Apple juice, Orange & Dinner Roll	25 Baked Breaded Chicken Cutlet Pasta Primavera Salad Whole Wheat Bread Health Slaw Fresh Fruit CENTER CLOSSES AT 2PM	26 Center Closed for Thanksgiving 	27 Center Closed for Thanksgiving 
30 Beef Stew Yellow Rice Whole Wheat Bread Steamed Broccoli Fresh Fruit				

ALTERNATES

Egg Salad Pasta Primavera Salad Red Cabbage Salad	Tuna Salad Bowtie Pasta Salad Carrot Salad	Chicken Salad Cucumber Dill Salad Red Roasted Potato Salad	Baked Breaded Pollack Same sides as Hot Meal's	Egg Omelet Same sides as Hot Meal's
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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 Group Dancing 10:00- 12:00 (M4) Oil Painting 10:30- 12:00 (M3) Blood Pressure Screening 11:00- 12:00 (M2) Interesting and Informative Discussion 10:30 AM – 1:30 PM (M3) *11/10 Arts & Craft Sale	<u>11/25 EARLY CLOSURE at 2pm</u> 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 10:30- 12:00 (M2) English for Chinese Beginners 11:00- 12:00 (Computer Lab) Surfing the Internet 11: 00 AM (Crystal Room) *11/11 Nutrition Education by Amelia *11/18- Medicare Part B, Kseniya	Center Closed 11/28 8:30- 12:00 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 10:30- 12:00 (M2) English for Chinese Advanced 10:00- 11:45 (M3) Blood Pressure Screening 11: 00 AM (Crystal Room) *11/5 – Estate Planning by Aaron Fayzulayer *11/12- Elder Abuse & Caregiving by Zephan *11/19- Emergency Preparedness by Lee	Center Closed 11/27 8:30- 10:45 (M4) Ping Pong 8:30- 12:00 (Computer Lab) 11:00- 12:00 (M4) Bingo 11: 00 AM (Crystal Room) *11/20 Nutrition Education by Amelia Jalandoni
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 With Ken	Ping Pong 12:30- 3:45 (M4) 1:00- 3:30 (Computer Lab) Arts & Crafts (Needlepoint) 1:00- 3:45 (M2) Tai Chi 1:30- 2:30 (Crystal Room) Line Dancing 1:30- 2:30 (Ballroom)	Ping Pong 12:15- 3:45 (M4) Yoga With Caryn 1:30-2:30 (Ballroom) Chinese Culture Group Advanced Singing PM 1:00-3:00 (M3) Entertainment (1:15-2:15 PM, Crystal Room) *11/6- Windbreakers *11/13- JJ Burton * 11/20 – Garret Ryan