

Sister Annunciata Bethell Older Adult Center – September 2026 243 East 204 Street, BX NY 10458  718.365.3725, Website: sabnyc.org Funded, in part, by NYC Aging & NYS Office for the Aging				
Monday	Tuesday	Wednesday	Thursday	Friday
Celebrate Senior Center Month!	1 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:00 Bingo 1:30 Billards	2 10:00 Guided Meditation 10:45 Brain Boosters With Rosa 11:15 Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch	3 9:00-2:00 Blood Pressure Screening with Carrie, LPN 10:00 Guided Meditation 10:55 Leisure Games: Board Games 11:40 Aerobics w/ Dorian 12:30 Lunch 1:30 Bingo 1:30 Billiards	4 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 12:45 Movie & Snack : Hidden Figures 1:30 Billiards
7 Center Closed 	8 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Elder Abuse Presentation- NSHOPP 12:30 Lunch 1:00 Bingo 1:30 Billiards	9 10:00 Guided Meditation 10:45 Brain Boosters With Rosa 11:15 Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch	10 9:00-2:00 Blood Pressure Screening with Carrie, LPN 10:00 Guided Meditation 10:30 10:55 Leisure Board Games 11:40 Aerobics Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Billiards	11 9:15- 11:30 9/11 Day of Remembrance 25th year event 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:30 Billiards
14 Golden Ticket Week - Senior Center Month 9:45 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	15 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:00 Postal Inspector Presents: Mail Scams 1:00 Bingo 1:30 Billards	16 9:00-2:00 Blood Pressure, Screening 10:00 Guided Meditation 10:45 Brain Boosters With Rosa 11:15: Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Health Presentation W/ Nurse Carrie 12:30 Lunch	17 10:00 Guided Meditation 10:45 Tech With Margie 10:55 Leisure Board Games 11:40 Aerobic Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Billiards	18 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:30 Movie & Snack: The Thursday Muder Club 1:30 Billiards
21 9:45 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	22 10:00 Guided Meditation 10:00 Lighthouse Guild:Travel Safety Tips:Outdoors & at Home 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30First Day of Fall Celebration Drinks of Fall Tea Party 1:00 Bingo 1:30 Billiards	23 9:00-2:00 Blood Pressure Screening -Carrie, LPN 10:00 Guided Meditation 10:30 Crafts with Rosa 11:15: Brain & Body Fitness - Hugh 12:05 Cultural Tunes 12:30 Lunch	24 Celebrate Senior Center Month Bring a Friend Day 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Aerobic Exercise with Dorian 12:30 Lunch 12:30 Home safety & Falls Prevention 1:30 Bingo 1:30 Balliards	25 10:00 Guided Meditation 10:30 Falls Prevention with Columbia OT Students 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:30 Movie & Snack:Sheep Detectives 1:30 Billiards
28 9:45 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	29 Side Walk Bring the Center Outside 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 12:30 Birthday Celebration 1:00 Derfner Judaica Museum Art Collection	30 9:00-2:00 Blood Pressure Screening -Carrie, LPN 10:00 Guided Meditation 10:30 Art Deco Building New York: How the new deal transformed the city 11:15: Brain & Body Fitness - Hugh 12:05 Cultural Tunes 12:30 Lunch		

Sister Annunciata Bethell Older Adult Center – Menu September 2026

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IF YOU HAVE ANY FOOD ALLERGIES PLEASE CONSULT WITH STAFF.
Menu Subject to Change.

FUNDED UNDER CONTRACT WITH THE N.Y.C. DEPARTMENT FOR THE AGING, AS PART OF THE TITLE IIIC NUTRITION PROGRAM OF THE OLDER AMERICANS ACT. ADMINISTERED BY THE N.Y.C. OFFICE FOR THE AGING.
VOLUNTARY CONTRIBUTIONS ARE AN ESSENTIAL PART OF THE OPERATING BUDGET.

Monday	Tuesday	Wednesday	Thursday	Friday
31 August - Bright Lemony white bean, Carrot & Spinach Salad - Baked Sweet Potato - Garden Salad - Tangerines	1 - Baked Chicken - Roasted Sweet Potato Fries - California Blend Vegetables - Tossed Salad - Berries	2 - Beef & Broccoli - Brown Rice - Roasted Broccoli - Tossed Salad - Grapes	3 - Baked Fish - Baked Brown Rice Pilaf - Italian Blend Vegetables - Tossed Salad - Pear	4 - Chicken Parmesan - Whole Wheat Pasta - Sauteed Spinach - Tossed Salad - Orange
7 Center Closed 	8 - Honey Mustard Chicken - Roasted Potatoes - California Blend Vegetables - Tossed Salad - Cantaloupe	9 - Eggplant Parmesan W/ Creamy Cashew Ricotta - Whole Wheat Pasta - Tossed Salad - Banana	10 - Soy Ginger Chicken - Brown Rice - Steamed Broccoli - Tossed Salad - Grapes	11 - Tuna Salad - Carrot Salad - Tossed Salad - Orange
14 - Black Bean Teriyaki Burger - Baked Sweet Potato - Garden Salad W/ Chickpeas - Cantaloupe	15 - Ginger Garlic Beef Stew - Brown Rice - Broccoli & Red Peppers - Tossed Salad - Orange	16 - Citrus Teriyaki Glazed Chicken - Baked red Potato - California blend Vegetables - Tossed Salad - Apple	17 - Stir Fried Shrimp W/ Seasonal Vegetables - Wild Rice Pilaf - Sauteed Spinach - Tossed Salad - Tangerines	18 - Baked Chicken - Corn Niblets - Baby Carrots & Parsley - Tossed Salad - Banana
21 - Loaded Baked Potato - Steamed Broccoli - Tossed salad - Orange	22 - Deluxe CheeseBurger - Baked Red Potato Wedges - Tossed salad - Apple	23 - Arroz Con Pollo/ Chicken & Rice - California Blend Vegetables - Tossed salad - Cantaloupe	24 - Baked Salmon - Brown Rice - Sauteed Spinach - Tossed Salad - Pear	25 - Chicken Salad - Pasta Salad - Tossed Salad - Peach
28 - Black Bean Tacos W/ Tangy Pineapple Salsa - Corn & Red Peppers - Garden Salad W/ Black Beans - Orange	29 - Beef MeatLoaf - Roasted Potatoes - Baby Carrots & Parsley - Tossed Salad - Berries	30 - Bbq Chicken - Baked Sweet Potato - Sauteed Spinach - Tossed Salad - Nectarine		