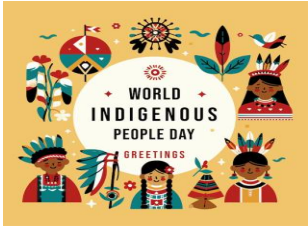


Sister Annunciata Bethell Older Adult Center – October 2026 243 East 204 Street, BX NY 10458  718.365.3725, Website: sabnyc.org Open from 8:00am to 4:00pm Funded, in part, by NYC Aging & NYS Office for the Aging				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Guided Meditation 10:30 Sing With Us! 10:45 Leisure Games: Board Games 11:40 Aerobics w/ Dorian 12:30 Lunch 1:30 Bingo 1:30 Billiards	2 10:00 Guided Meditation 10:30 Creative Arts for Healthy Living (Columbia) 10:55 Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:00 Movie & Snack: Flamin Hot 1:30 Billiards
5 10:00 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Crafts with Rosa - Hispanic Heritage Month	6 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30 Bingo 1:30 Billiards	7 9:00-2:00 Blood Pressure Screening with Carrie, LPN 10:00 Respiratory Virus Season 10:30 Nurse Carrie:Breast Cancer Awareness 11:00 Creating A Balanced Plate 11:15 Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch 1:00pm Lunch & More: Phoenix Art Museum: Notre Dame Revisited	8 10:00 Guided Meditation 10:45 Board Games 11:40 Aerobics Exercise with Dorian 12:30 Lunch 12:30 Discover Mosholu Parkland! 1:30 Bingo 1:30 Billiards	9 10:00 Guided Meditation 10:30 Creative Arts for Healthy Living (Columbia) 10:55 Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:00 Movie & Snack: The Last of the Mohicans 1:30 Billiards
12 Center Closed Indigenous People’s Day / Columbus Day 	13 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30 Bingo 1:30 Billards	14 9:00-2:00 Blood Pressure, Screening 10:00 Guided Meditation 10:30 2027 Medicare Plans Update 11:15: Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch	15 10:00 Guided Meditation 10:30 Sing With Us! 11:40 Aerobic Exercise with Dorian 10:45 Leisure Board Games 12:30 Lunch 1:30 Bingo / Billiards	16 10:00 Guided Meditation 10:30 Creative Arts for Healthy Living (Columbia) 10:55 Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:00 Movie & Snack:A Million Miles Away 1:30 Billiards
19 9:45 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 12:30 Lunch & Learn: Hearing Loss& Solutions 1:30 Chair Exercise with Rosa	20 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:00 Lunch&Learn: Derfner Judaica Museum Art Collection Women Envision the Sacred 1:30 Bingo 1:30 Billiards	21 9:00-2:00 Blood Pressure Screening -Carrie, LPN 10:00 Guided Meditation 10:30 Nurse Carrie:Dental Care 11:00 NYC: Eating the Rainbow(Food Bank NYC) 11:15: Brain & Body Fitness - Hugh 12:05 Cultural Tunes 12:30 Lunch	22 10:00 Guided Meditation 10:45 Board Games 11:40 Aerobic Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Billiards	23 10:00 Guided Meditation 10:30 Creative Arts for Healthy Living (Columbia) 10:55 Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:00 Movie & Snack:Hocus Pocus 1:30 Billiards
26 9:45 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	27 9:00-2:00 Blood Pressure Screening- Carrie, LPN 10:00 Guided Meditation 10:15Arthritis Exercise with Roy 11:15 Plant-Based Food Taste-Testing Event 12:30 Birthday Party 1:30 Bingo 1:30 Billiards	28 10:00 Guided Meditation 11:15: Brain & Body Fitness - Hugh 12:05 Cultural Tunes 12:30 Lunch	29 Halloween Fun 10:00 Guided Meditation 10:30 Tech with Margie 10:45 Board Games 11:40 Aerobic Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Balliards	30 10:00 Guided Meditation 10:00 Depression & Anxiety 10:30 Creative Arts for Healthy Living (Columbia) 10:55 Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:00 Movie & Snack:Hocus Pocus 2 1:30 Billiards

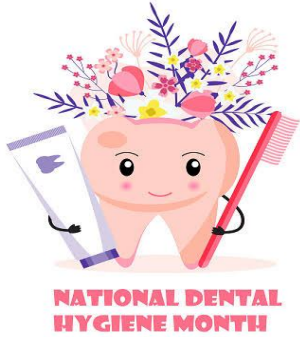
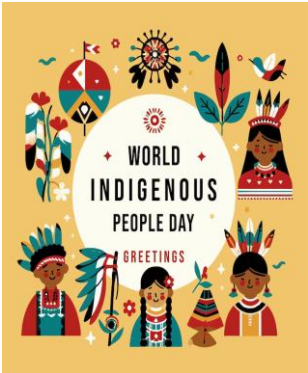
Sister Annunciata Bethell Older Adult Center – Menu October 2026

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Open from 8:00am to 4:00pm

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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
			1 - Baked Fish w/ Rustic Tomato Sauce - Roasted Sweet Potato - Brussels Sprouts - Tossed Salad - Pear 1 % Low Fat Milk	2 - Egg Salad - Beet Salad - Tossed Salad - Cantaloupe 1 % Low Fat Milk
5 - Minestrone Soup - Roasted Sweet Potato - Garden Salad - Orange 1 % Low Fat Milk	6 - Beef Meatloaf - Mashed Potatoes - Steamed Carrots - Tossed Salad - Plums 1 % Low Fat Milk	7 - Chicken Marsala - Brown Rice - Roasted Broccoli - Tossed Salad - Banana 1 % Low Fat Milk	8 - Baked Salmon W/ Cilantro Citrus Sauce - Corn Niblets - Sauteed Spinach - Tossed Salad - Banana 1 % Low Fat Milk	9 - Chicken Scallopini - Brown Rice - Italian Blend Vegetables - Tossed Salad - Tangerines 1 % Low Fat Milk
12 Center Closed Indigenous People’s Day / Columbus Day 	13 - Baked Chicken - Roasted Sweet Potato - California Blend Vegetables - Tossed Salad - Berries 1 % Low Fat Milk	14 - Beef & Broccoli - Brown Rice - Roasted Broccoli - Tossed Salad - Grapes 1 % Low Fat Milk	15 - Lemon Garlic Baked Fish - Baked Brown Rice Pilaf - Italian Blend Vegetables - Tossed Salad - Pear 1 % Low Fat Milk	16 - Chicken Parmesan - Whole Wheat Pasta - Sauteed Spinach - Tossed Salad - Orange 1 % Low Fat Milk
19 - Honey mustard Chicken - Roasted Potatoes - California Blend Vegetables - Garden salad - Cantaloupe 1 % Low Fat Milk	20 - Pernil - Brown Rice & Beans - Sauteed Spinach - Tossed salad - Apple 1 % Low Fat Milk	21 - Eggplant Parmesan W/ Creamy Cashew Ricotta - Whole Wheat Pasta - Tossed salad - Banana 1 % Low Fat Milk	22 - Soy Ginger Chicken - Brown Rice - Steamed Broccoli - Tossed Salad - Grapes 1 % Low Fat Milk	23 - Tuna Salad - Carrot Salad - Tossed Salad - Orange 1 % Low Fat Milk
26 - Black Bean Teriyaki Burger - Baked Sweet Potato - Garden Salad - Cantaloupe 1 % Low Fat Milk	27 - Ginger Garlic Beef Stew - Brown Rice - Broccoli & Red Peppers - Tossed Salad - Orange 1 % Low Fat Milk	28 - Citrus Teriyaki Glazed Chicken - Baked Red Potato - California Blend Vegetables - Tossed Salad - Apple 1 % Low Fat Milk	29 - Stir Fried Shrimp W/ Seasonal Vegetables - Wild Rice Pilaf - Sauteed Spinach - Tossed Salad - Tangerines 1 % Low Fat Milk	30 - Baked Chicken - Corn Niblets - Baby Carrots & Parsley - Tossed Salad - Banana 1 % Low Fat Milk