

SBSS Echo Park
1021 N. Alvarado St.
Los Angeles, CA 90026
213-388-4444 ext. 2

St. Barnabas Senior Services

October Newsletter

Vol. 3, No. 10

AGEISM AWARENESS DAY



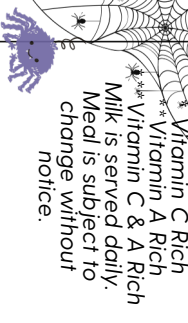
Digital Inclusion Week
October 6th - 10th



SBSS
Live Well · Feel Well · Age Well
675 S Carondelet St
Los Angeles CA 90057

October 2025

Live Well Feel Well Age Well
213-388-4444

MON	TUE	WED	THU	FRI
WEEK 4 6 Pepper Steak Green Bean, Mushroom, & Onion Stir Fry Bok Choy Pineapple & Papaya WG Dinner Roll NF or 1% Milk 	7 Chicken Tinga Roasted Corn Cantaloupe Brown Rice NF or 1% Milk Vitamin C Rich **Vitamin A Rich **Vitamin C & A Rich Milk is served daily. Meal is subject to change without notice. 	1 Sesame Chicken Parsnips Cantaloupe WG Noodles w/ Bamboo Shoots & Cabbage NF or 1% Milk 	2 Meatloaf Vegetable Medley Mashed Potatoes Pineapple & Papaya WG Dinner Roll NF or 1% Milk 	3 Chicken Pesto Pasta Carrots** Honeydew Melon* WG Pasta NF or 1% Milk
WEEK 5 6 Pepper Steak Green Bean, Mushroom, & Onion Stir Fry Bok Choy Pineapple & Papaya WG Dinner Roll NF or 1% Milk	7 Chicken Tinga Roasted Corn Cantaloupe Brown Rice NF or 1% Milk	8 White Fish Carrots** Orange Quinoa NF or 1% Milk	9 Chicken Enchiladas Verde LS Black Beans Yellow Summer Squash Kiwi* WG Tortilla in entree NF or 1% Milk	10 Beef w/ Onion & Tomatoes Steamed Collard Greens or Kale** Tangerine or Tangelo* Brown Rice NF or 1% Milk
WEEK 1 13 Orange Chicken Garlic Zucchini & Carrots*** Cantaloupe Brown Rice NF or 1% Milk	14 Beef Stir Fry Broccoli** Orange WG Noodles NF or 1% Milk	15 Baked Chicken LS White Beans Baked Yams** Tangerine or Tangelo WG Roll NF or 1% Milk	16 Fish Almondine Garlic Spinach Pineapple & Papaya Quinoa NF or 1% Milk	17 Harissa Chickpeas Onion, Yellow Bell Pepper & Kale (in entree) Roasted Eggplant Honeydew Melon* WG Pita NF or 1% Milk
WEEK 2 20 Beef Fajitas Corn Green Beans Tangerine or Tangelo* WG Tortilla NF or 1% Milk	21 Chicken Chile Verde LS Pinto Beans Cantaloupe*** Brown Rice NF or 1% Milk	22 Fish Piccata Sautéed Red & Orange Bell Peppers & Onions Pineapple & Papaya WG Pasta NF or 1% Milk	23 Beef Stew Garlic Kale** Onion, Carrot, Celery & Potato (in entree) Honeydew Melon* Brown Rice NF or 1% Milk	24 Poblano Creamy Chicken Green Beans Orange* WG Pasta NF or 1% Milk
WEEK 3 27 Chicken Tikka Masala Roasted Eggplant, Tomatoes, & Onion Cantaloupe*** Brown Rice NF or 1% Milk	28 Lemon Glazed Fish Sweet Potato Mash** Pineapple & Papaya Quinoa NF or 1% Milk	29 Beef & Broccoli Broccoli (in Entree) Bok Choy Honeydew Melon* Brown Rice NF or 1% Milk	30 Chicken Pasta Primavera Green Peas Tangerine OR Tangelo* WG Pasta NF or 1% Milk	31 HAPPY HALLOWEEN LS Black Beans Coleslaw* Fresh Fruit in Season WG Roll Pumpkin Pudding NF or 1% Milk



**NEED HELP
PAYING
YOUR BILLS?**

We're here to help!



ladwp.com/cares



**HELP WITH
YOUR BILL**
CARE Program
(California Alternate
Rates for Energy)
1-800-427-2200



**HELP FOR
YOUR HOME**
Energy Savings
Assistance
Program
1-800-331-7593



**HELP FOR
MEDICAL NEEDS**
Medical Baseline
Allowance
Program
1-866-431-3517



© 2021 Southern California Gas Company.

WEEK 5

MON 27	TUE 28	WED 29	THU 30	FRI 31
8 COFFEE & NEWS GABY GREATROOM BRAIN GAMES GABY GREATROOM	8 COFFEE & NEWS GABY GREATROOM BRAIN GAMES GABY GREATROOM	8 COFFEE & NEWS GABY GREATROOM BRAIN GAMES GABY GREATROOM	8 COFFEE & NEWS GABY GREATROOM BRAIN GAMES GABY GREATROOM	8 COFFEE & NEWS GABY GREATROOM BRAIN GAMES GABY GREATROOM
9 BINGO GABY GYM WORD SEARCH GABY GREATROOM	9 LOTERIA GABY GREATROOM DOMINOES GABY GREATROOM	9 QUEENS CARE GABY GREATROOM WORD SEARCH GABY GREATROOM	9 LOTERIA GABY GREATROOM DOMINOES GABY GREATROOM	9 BINGO GABY GREATROOM WORD SEARCH GABY GREATROOM
10 YOGA MOONI GYM NAME THAT TUNE GABY GREATROOM	10 STRETCHING DERRYCK GYM CROSSWORD PUZZLE GABY GREATROOM	10 YOGA MOONI GREATROOM ARTS AND CRAFTS GABY GREATROOM	10 STRETCHING DERRYCK GYM BEAD WORK GABY GREATROOM	10 YOGA MOONI GYM SING A LONG GABY GREATROOM
11 TECH PAOLA GYM M. T. DOMINOES JIM GREATROOM	11 MUSIC/GAMES GABY GREATROOM EXERCISE DERRYCK GYM	11 MUSIC/GAMES GABY GREATROOM STRETCHING KERRY GYM	11 MUSIC/GAMES GABY GYM EXERCISE DERRYCK GREATROOM	11 MUSIC/GAMES GABY GREATROOM HALLOWEEN GABY GREATROOM
12 M. T. DOMINOES JIM GREATROOM DOMINOES GABY GREATROOM	12 STARBUCKS WALK GABY PATIO ESL CLASS ANN GREATROOM	12 YOGA KERRY PATIO KARAOKE GABY GREATROOM	12 MOVIE/POPCORN GABY GREATROOM MOVIE/POPCORN GABY GREATROOM	12 PARTY GABY GREATROOM HALLOWEEN GABY GREATROOM
2 DISASTER PREP JOANNA GREATROOM CARD GAMES GABY GREATROOM	2 ESL CLASS ANN GREATROOM PLAY UNO GABY GREATROOM	2 TECH CLASS PAOLA GREATROOM SCRABBLE GABY GREATROOM	2 MOVIE/POPCORN GABY GREATROOM MOVIE/POPCORN GABY GREATROOM	2 PARTY GABY GREATROOM HALLOWEEN GABY GREATROOM
3 SALSA DANCE GABY GREATROOM PING PONG GABY GYM	3 LINE DANCING GABY GREATROOM CORN HOLE GABY GYM	3 SAMBA GABY GYM HORSE SHOE GABY GREATROOM	3 MOVIE/POPCORN GABY GREATROOM MOVIE/POPCORN GABY GREATROOM	3 PARTY GABY GREATROOM PARTY GABY GREATROOM

WEEK 4

MON 20	TUE 21	WED 22	THU 23	FRI 24
8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM
9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM DOMINOES GABY GREAT ROOM	9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM DOMINOES GABY GREAT ROOM	9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM
10 YOGA MOONI GYM NAME THAT TUNE GABY GREAT ROOM	10 STRETCHING DERRYCK GYM CROSSWORD PUZZLE GABY GREAT ROOM	10 YOGA MOONI GYM ARTS AND CRAFTS GABY GREAT ROOM	10 STRETCHING DERRYCK GYM BEAD WORK GABY GREAT ROOM	10 YOGA MOONI GYM SING A LONG GABY GREAT ROOM
11 TECH PAOLA GREAT ROOM M. T. DOMINOES JIM GREAT ROOM	11 MUSIC/GAMES GABY GREAT ROOM EXERCISE DERRYCK GYM	11 SEEDS OF HOPE SEEDS GREAT ROOM STRETCHING KERRY GYM	11 MUSIC/GAMES GABY GREAT ROOM EXERCISE DERRYCK GYM	11 MUSIC/GAMES GABY GREAT ROOM BINGOCIZE GABY GYM
12 M. T. DOMINOES JIM GREAT ROOM DOMINOES GABY GREAT ROOM	12 STARBUCKS WALK GABY PATIO ESL CLASS ANN GREAT ROOM	12 YOGA KERRY GYM SEEDS OF HOPE SEEDS GREAT ROOM	12 MOVIE/POPCO RN GABY GREAT ROOM MOVIE/POPCO RN GABY GREAT ROOM	12 BOARD GAMES GABY GREAT ROOM POKER GABY GREAT ROOM
2 DISASTER PREP JOANNA GREAT ROOM CARD GAMES GABY GREAT ROOM	2 ESL CLASS ANN GREAT ROOM PLAY UNO GABY GREAT ROOM	2 TECH CLASS PAOLA GREAT ROOM SCRABBLE GABY GREAT ROOM	2 MOVIE/POPCO RN GABY GREAT ROOM MOVIE/POPCO RN GABY GREAT ROOM	2 CHECKERS GABY GREAT ROOM CHESS GABY GREAT ROOM
3 LEARN TO SALSA GABY GREAT ROOM PING PONG GABY GYM	3 LINE DANCING GABY GREAT ROOM CORN HOLE GABY GYM	3 SAMBA GABY GREAT ROOM HORSE SHOE GABY GYM	3 MOVIE/POPCO RN GABY GREAT ROOM MOVIE/POPCO RN GABY GREAT ROOM	3 BALLROOM DANCE GABY GREAT ROOM RING TOSS GABY GREAT ROOM

WEEK 1

WED 1	THU 2	FRI 3
8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM
9 QUEENS CARE GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM DOMINOES GABY GREAT ROOM	9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM
10 YOGA MOONI GREAT ROOM ARTS AND CRAFTS GABY GREAT ROOM	10 STRETCHING DERRYCK GYM BEAD WORK GABY GREAT ROOM	10 YOGA MOONI GYM SING A LONG GABY GREAT ROOM
11 MUSIC/GAMES GABY GREAT ROOM STRETCHING KERRY GYM	11 MUSIC/GAMES GABY GYM EXERCISE DERRYCK GREAT ROOM	11 MUSIC/GAMES GABY GREAT ROOM BINGOCIZE GABY GREAT ROOM
12 YOGA KERRY PATIO KARAOKE GABY GREAT ROOM	12 MOVIE/POPCO RN GABY GREAT ROOM MOVIE/POPCO RN GABY GREAT ROOM	12 BOARD GAMES GABY GREAT ROOM BOOK CLUB GABY GREAT ROOM
2 TECH CLASS PAOLA GREAT ROOM SCRABBLE GABY GREAT ROOM	2 MOVIE/POPCO RN GABY GREAT ROOM MOVIE/POPCO RN GABY GREAT ROOM	2 CHECKERS GABY GREAT ROOM CHESS GABY GREAT ROOM
3 SAMBA GABY GYM HORSE SHOE GABY GYM	3 MOVIE/POPCO RN GABY GREAT ROOM MOVIE/POPCO RN GABY GREAT ROOM	3 BALLROOM DANCE GABY GREAT ROOM RING TOSS GABY GYM

WEEK 2

MON	TUE	WED	THU	FRI
6	7	8	9	10
8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM
9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM DOMINOES GABY GREAT ROOM	9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM DOMINOES GABY GREAT ROOM	9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM
10 YOGA MOONI GYM NAME THAT TUNE GABY GREAT ROOM	10 STRETCHING DERRYCK GYM CROSSWORD PUZZLE GREAT ROOM	10 YOGA MOONI GREAT ROOM ARTS AND CRAFTS GABY GREAT ROOM	10 STRETCHING DERRYCK GYM BEAD WORK GABY GREAT ROOM	10 YOGA MOONI GYM SING A LONG GABY GREAT ROOM
11 TECH PAOLA GREAT ROOM M. T. DOMINOES JIM GREAT ROOM	11 MUSIC/GAMES GABY GREAT ROOM EXERCISE DERRYCK GYM	11 MUSIC/GAMES GABY GREAT ROOM STRETCHING KERRY GYM	11 MUSIC/GAMES GABY GYM EXERCISE DERRYCK GREAT ROOM	11 MUSIC/GAMES GABY GREAT ROOM BINGOCIZE GABY GREAT ROOM
12 M. T. DOMINOES JIM GREAT ROOM DOMINOES GABY GREAT ROOM	12 STARBUCKS WALK GABY GREAT ROOM ESL CLASS ANN GREAT ROOM	12 CLOSED CLOSING	12 MOVIE/POPCORN GABY GREAT ROOM MOVIE/POPCORN GABY GREAT ROOM	12 BOARD GAMES GABY GREAT ROOM BOOK CLUB GABY GREAT ROOM
13 DISASTER PREP JOANNA GREAT ROOM CARD GAMES GABY GREAT ROOM	13 ESL CLASS ANN GREAT ROOM PLAY UNO GABY GREAT ROOM	13 EARLY ALL	13 MOVIE/POPCORN GABY GREAT ROOM MOVIE/POPCORN GABY GREAT ROOM	13 CHECKERS GABY GREAT ROOM CHESS GABY GREAT ROOM
14 SALSA DANCE GABY GREAT ROOM PING PONG GABY GYM	14 LINE DANCING GABY GREAT ROOM CORN HOLE GABY GYM	14 STAFF MEETING	14 MOVIE/POPCORN GABY GREAT ROOM MOVIE/POPCORN GABY GREAT ROOM	14 BALLROOM DANCE GABY GREAT ROOM RING TOSS GABY GYM

WEEK 3

MON	TUE	WED	THU	FRI
13	14	15	16	17
8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM	8 COFFEE & NEWS GABY GREAT ROOM BRAIN GAMES GABY GREAT ROOM
9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM INCONTINENT CARE NURSE GREAT ROOM	9 QUEENS CARE NURSE GREAT ROOM WORD SEARCH GABY GREAT ROOM	9 LOTERIA GABY GREAT ROOM DOMINOES GABY CYBERC.	9 BINGO GABY GREAT ROOM WORD SEARCH GABY GREAT ROOM
10 YOGA MOONI GREAT ROOM NAME THAT TUNE GABY GREAT ROOM	10 STRETCHING DERRYCK GYM CROSSWORD PUZZLE GYM	10 YOGA MOONI GREAT ROOM ARTS AND CRAFTS GABY GREAT ROOM	10 STRETCHING DERRYCK GYM BEAD WORK GABY GREAT ROOM	10 YOGA MOONI GREAT ROOM SING A LONG GABY GREAT ROOM
11 TECH PAOLA GREAT ROOM M. T. DOMINOES JIM GREAT ROOM	11 MUSIC/GAMES GABY GYM EXERCISE DERRYCK GYM	11 MUSIC/GAMES GABY GREAT ROOM STRETCHING KERRY GREAT ROOM	11 MUSIC/GAMES GABY GREAT ROOM EXERCISE DERRYCK GYM	11 MUSIC/GAMES GABY GREAT ROOM BINGOCIZE GABY GREAT ROOM
12 M. T. DOMINOES JIM GREAT ROOM DOMINOES GABY GREAT ROOM	12 STARBUCKS WALK GABY PATIO ESL CLASS ANN GREAT ROOM	12 YOGA KERRY GYM KARAOKE GABY GREAT ROOM	12 MOVIE/POPCORN GABY GREAT ROOM MOVIE/POPCORN GABY GREAT ROOM	12 BOARD GAMES GABY GREAT ROOM BOOK CLUB GABY CYBERC.
13 DISASTER PREP JOANNA GREAT ROOM CARD GAMES GABY GREAT ROOM	13 ESL CLASS ANN GREAT ROOM PLAY UNO GABY GREAT ROOM	13 TECH CLASS PAOLA GREAT ROOM SCRABBLE GABY GREAT ROOM	13 MOVIE/POPCORN GABY GREAT ROOM MOVIE/POPCORN GABY GREAT ROOM	13 CHECKERS GABY GREAT ROOM CHESS GABY GREAT ROOM
14 LEARN TO SALSA GABY GREAT ROOM PING PONG GABY GYM	14 LINE DANCING GABY GREAT ROOM CORN HOLE GABY GYM	14 SAMBA GABY GYM HORSE SHOE GABY GYM	14 MOVIE/POPCORN GABY GREAT ROOM MOVIE/POPCORN GABY GREAT ROOM	14 BALLROOM DANCE GABY GYM RING TOSS GABY GYM