

October 2026
SBSS Hollywood Nutrition & Activities Calendar



SBSS Hollywood
5170 Santa Monica Blvd.
Los Angeles, CA 90029
(213) 388-4444 Ext.

Breast Cancer Awareness Month

- 10/1 International Coffee Day
- 10/02 Birthday Celebration!
- 10/06 Presenter/Speaker
- 10/05 Member Breakfast!
- 10/09 Think Pink- Women's Day
- 10/20 Field Trip-Ross/Grove
- 10/29 Field Trip-IKEA
- 10/30 Halloween Bash+ potluck



Featured Programs & Events

- 10/02: Birthday Celebration**
12:00pm-1:00pm| Dining Room

10/05: Member Breakfast
Main Room| 9:30am-10:30am

10/06: Presenter-Cognitive Skills
Dining Room | 12:00pm-2:00pm

10/09: Wear your pink
Breast Cancer Awareness:
12:00pm-1:00pm | Dining Room
- 10/13: Tech Talk w/Paola**
Presentation in Lab-12:00pm-1:00pm

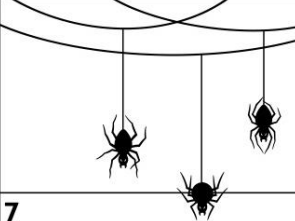
10/20: Field Trip-Ross/Grove
Field Trip I outside I 9:30am-1:00pm

10/26: Brunch!
Main Room| 9:30am-10:30am

10/29: Field Trip-IKEA
Field Trip I outside I 9:30am-1:00pm
Meet in Dining room

10/30: Halloween Bash +potluck
Dining Room I 12:00pm-2:00 pm

- Member of the Month:**
Juana Cruz
- Seeds of Hope**
12pm (3rd Wednesday of every month)
at Mid-City 675 S. Carondelet St
Food Bank 1pm-2:30pm (1st Wednesday
of every month) early arrival suggested!
At Mid-City 675 S. Carondlet St.

	MON	TUE	WED	THU	FRI
WEEK 2		* Vitamin C Rich **Vitamin A Rich ***Vitamin C & A Rich Milk is served daily. Meal is subject to change without notice.		1 Meatloaf Vegetable Medley Mashed Potatoes Pineapple & Papaya/Mango*** WG Dinner Roll NF or 1% Milk	2 Chicken Pesto Pasta Carrots** Broccoli Slaw w Red Onion, Cranberries w RedWine Vinaigrette* Apple WG Pasta NF or 1% Milk
WEEK 3	5 Pepper Steak Green Bean, Mushroom, & Onion Stir Fry Bok Choy OR Collard Greens** Kiwi OR Strawberries* WG Dinner Roll NF or 1% Milk	6 Chicken Tinga Roasted Corn Cantaloupe*** Brown Rice NF or 1% Milk	7 White Fish w/ Lemon Wedge Carrots** Herbed Lentils Orange* Quinoa NF or 1% Milk	8 Chile Verde Chicken Flauta Yellow Squash *Cabbage Slaw w Cilantro Lime Vinaigrette Banana Flour Tortilla in entrée Spanish Brown Rice NF or 1% Milk	9 Beef w/ Onions & Tomatoes Steamed Kale Roasted Potatoes Tangerine OR Tangelo* WG Dinner Roll NF or 1% Milk
WEEK 4	12 Turkey Picadillo LS Pinto Beans Yellow Squash Orange* WG Tortilla NF or 1% Milk	13 Blackened Creole Fish Green Peas Creamy Coleslaw* Banana Quinoa NF or 1% Milk	14 Turkey Meatballs Sautéed Spinach** Kiwi* OR Strawberries* WG Pasta NF or 1% Milk	15 Mediterranean Lentils Broccoli** Carrots** Tangerine OR Tangelo* WG Pita Bread NF or 1% Milk	16 Cantonese Bbq Pork (or chicken) Sautéed Water Chestnuts Garlic Bok Choy OR Collard Greens** Cantaloupe*** WG Spaghetti Lo Mein NF or 1% Milk
WEEK 5	19 Roasted Glazed Chicken Herbed Carrots** Cabbage Slaw w Raspberry Vinaigrette Banana Brown Rice NF or 1% Milk	20 Beef Stir Fry Broccoli** Vegetables in entrée Pineapple & Papaya/Mango*** WG Spaghetti Lo Mein NF or 1% Milk	21 Baked Chicken LS Red Beans Baked Yams** Tangerine or Tangelo* WG Dinner Roll NF or 1% Milk	22 Fish Almandine Herbed Spinach** Corn Kiwi* OR Strawberries* Quinoa NF or 1% Milk	23 Harissa Chickpeas Vegetables in entrée Roasted Eggplant Honeydew* Pita Bread NF or 1% Milk
WEEK 6	26 Beef Fajitas Corn Green Beans Tangerine OR Tangelo* WG Tortilla NF or 1% Milk	27 Chicken Chile Verde LS Pinto Beans Garlic Zucchini Cantaloupe*** Spanish Brown Rice NF or 1% Milk	28 Fish Picatta Sautéed Red & Orange Bell Peppers w/ Onions *Creamy Coleslaw Apple Quinoa NF or 1% Milk	29 Beef Stew Garlic Kale Vegetable in Entrée** Honeydew Melon* Brown Rice NF or 1% Milk	30 HALLOWEEN <i>*Special Meal*</i> Sweet & Tangy Meatballs LS Black Eyed Peas Coleslaw* Fresh Fruit in season WG Roll NF or 1% Milk Pumpkin Pudding

Hollywood October 2026 Weekly Activities

* Schedule subject to change during Special Events/Presentations.

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 AM	Coffee & News	8:00 AM	Coffee & News	8:00 AM	Coffee & News	8:00 AM	Coffee & News	8:00 AM	Coffee & News
8:00 AM	Brain Games Yancy Main	8:00 AM	Arrival	8:00 AM	Brain Games Yancy Dining Room	8:00 AM	Brain Games Yancy Dining Room	8:00 AM	Arrival
9:00 AM	Worksheets Yancy Main	9:00 AM	Worksheets Yancy Main Room	9:00 AM	Breakfast w/Yancy Dining Room	9:00 AM	Themed Coloring Yancy Main Room	9:00 AM	Brain Games Yancy Dining Room
9:00 AM	Healthy Recipes Main Room	9:00 AM	Pictionary Yancy Dining Room	9:30 AM	Live Sports Dining Room	9:00 AM	Worksheets Yancy Main Room	9:00 AM	Arthritis Class Yancy Main Room
10:00 AM	Dance Class Mooni Main Room	10:00 AM	Fitness w/Kerry Dining Room	10:00 AM	Chair Yoga w/ Yancy Main Room	10:00 AM	Chair Yoga Kerry Fitness	10:00 AM	Team Games Yancy Main
10:00 AM	Table Talk Main Room	10:00 AM	Earlybird Bingo Dining Room	10:30 AM	Arthritis Yancy Dining Room	10:00 AM	Stop Cup Yancy Dining Area	10:00 AM	Jenga Yancy Main
12:00 PM	Council Meeting Mercedes Perez	12:00 PM	Health Presentation Main Room	12:00 PM	Anna/Yancy Fitness Dining Room	12:00 PM	Jewelry Making Dining Room	12:00 PM	Birthday Celebration Yancy Dining Room
12:00 PM	Crafts Main Room	12:00 PM	Drawing/Art Main Room	12:00 PM	Memory Game Main Room	12:00 PM	Wellness Video Main Room	12:00 PM	Matching Game Yancy Dining
1:00 PM	Bingo/Loteria Yancy Main	1:00 PM	Group Walking Yancy meet in front	1:00 PM	Trivia Dining Room	1:00 PM	Jeopardy Yancy Main Room	1:00 PM	Loteria Yancy Dining Room
1:00 PM	Halloween Decorating Main Room	1:00 PM	Unscramble Yancy Main Room	1:00 PM	Acrylic Painting Yancy Dining Room	1:00 PM	Games w/Yancy Yancy Main	1:30 PM	Blackjack Anna Dining Room
2:00 PM	Charades Yancy Main Room	2:00 PM	YouTube Music Yancy Dining Room	2:00 PM	Scattergories Dining Room	2:00 PM	DIY Fall Decor YouTube Main w/Yancy	2:00 PM	Memory Cards Yancy Main
2:00 PM	Salsa Dancing Yancy Main Room	2:00 PM	Blackjack Yancy Dining Room	2:00 PM	Table Games Yancy Dining Room	2:00 PM	Charades Front Room	2:00 PM	Dominoes Front Room
3:00 PM	UNO Yancy Dining Room	3:00 PM	Sound bath Yancy Dining Room	3:00 PM	Puzzles Front Room	3:00 PM	80's music Yancy Main Room	3:00 PM	Ballon Game Yancy Main Room
3:00 PM	Table Games Yancy Main	3:00 PM	Pictionary Yancy Dining	3:00 PM	Memory Game Yancy Main	3:00 PM	Rummy Q Anna Main	3:00 PM	UNO Yancy Main

