

October 2026
SBSS Echo Park Nutrition & Activities Calendar



SBSS Echo Park
1021 North Alvarado St.
Los Angeles, CA 90026
(213) 388-4444 Ext.2

• **Bingocize w/ Gaby**
Wednesdays @ 1pm
• **Fridays Loteria w/ Gaby**
@ 1pm
• **Nutrition Presentation**
w/ Kiki on Wednesdays

Featured Programs & Events

10/07: Queens Care
Dining Room | 9am-2:00pm

10/21: Queens Care
Dining Room | 9am-2:00pm

10/13: LACMA Field Trip
Dining Room | 12:00pm-3:00pm

10/07 Arts & Crafts
(Embroidery & Patches)
Hosted by LA Public Library
Dining Room | 12:00pm-3:00pm

10/22: OCT Birthdays Celeb
Dining Room | 1:00pm-3:00 pm

10/30: Halloween Bash
Dining Room | 1:00pm-3:00 pm

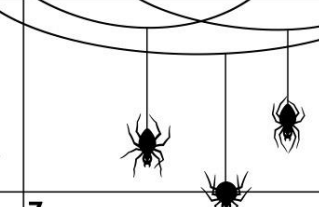


675 S Carondelet St
Los Angeles CA 90057

October 2026



Live Well · Feel Well · Age Well
213-388-4444

	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 Red Wine 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 *Special Meal* Sweet & Tangy Meatballs LS Black Eyed Peas Coleslaw* Fresh Fruit in season WG Roll NF or 1% Milk Pumpkin Pudding

October 2026 Weekly Activities

Tech

Fitness

Crafts

Learning

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR
9:00 AM	Bingo Gaby Great Room	9:00 AM	Loteria Gaby Great Room	9:00 AM	Bingo Gaby Great Room	9:00 AM	Loteria Gaby Great Room	9:00 AM	Bingo Gaby Great Room
10:00 AM	Yoga Mooni Gym	10:00 AM	Stretching Victor/Derryck Gym	10:00 AM	Yoga Mooni Gym	10:00 AM	Stretching Victor/Derryck Gym	10:00 AM	Yoga Mooni Gym
	Tech 1 on 1 Tashawnda CL		Tech 1 on 1 Tashawnda CL		Nutrition Class Kiki Great Room		Tech 1 on 1 Tashawnda CL		Tech 1 on 1 Tashawnda CL
11:00 AM	Lunch	11:00 AM	Lunch	11:00 AM	Lunch	11:00 AM	Lunch	11:00 AM	Lunch
12:00 PM	Tech in Spanish Veronica CL	12:00 PM	Tech Paola CL	12:00 PM	Tech Paola CL	12:00 PM	Tech in Spanish Veronica CL	12:00 PM	Tech Paola CL
12:00 PM	Council Meetings Gaby Great Room	12:00 PM	Exercise Victor/Derryck Gym	12:00 PM	Exercise Victor/Derryck Gym	12:00 PM	Exercise Victor/Derryck Gym	12:00 PM	Exercise Victor/Derryck Gym
1:00 PM	M. T. Dominoes James Great Room	1:00 PM	Yoga Kerry Gym	1:00 PM	Bingocize Gaby / Gym	1:00 PM	Yoga Kerry Gym	1:00 PM	Loteria Gaby / Gym
2:00 PM	Chess Great Room	2:00 PM	Poker Great Room	2:00 PM	Board Games Great Room	2:00 PM	Movie & Popcorn	2:00 PM	Checkers Great Room
3:00 PM	Ping Pong Great Room	3:00 PM	Snakes & Ladder Great Room	3:00 PM	Monopoly Great Room	3:00 PM	Movie & Popcorn	3:00 PM	Snakes & Ladders Great Room

