

September 2026
SBSS Mid-City Nutrition & Activities Calendar



SBSS Mid-City
675 S. Carondelet St.
Los Angeles, CA 90057
(213) 388-4444 Ext.1

Cyber Cafe Support
Hours 8:00am-4:00pm
for English and Spanish
except on Mondays and
Wednesdays for Korean
only from 8:00am-
10:30am
9/4/2026 Closing at 2pm
9/7/2026 Closed for
Labor Day

Featured Programs & Events

- 09/02: Queens Care**
Dining Room | 9am-2:00pm

09/04: Closing at 2:00 p.m.

09/07: Closed for Labor Day

09/16: Queens Care
Dining Room | 9am-2:00pm

09/21-09/25: Spirit Week
Dining Room | 8:00am-4:00pm
- 09/02: LAPL Workshop**
Dining Room | 9:00pm-10:00pm

09/11: LAPD Presentation
Dining Room | 9:00am-10:00am

09/15: Latin Independence Day Celebration
Dining Room | 12:00pm-3:00pm
- 09/22: Susan’s B-Day Party**
Dining Room | 12:00pm-3:00pm

09/24: Picnic at Echo Park
Echo Park | 10:00pm-12:00pm

09/29: Western Celebration
Dining Room | 12:00pm-3:00pm

	MON	TUE	WED	THU	FRI
WEEK 4		1 Blackened Creole Fish Green Peas Creamy Coleslaw* Banana Quinoa NF or 1% Milk	2 Turkey Meatballs Sautéed Spinach** Kiwi* OR Strawberries* WG Pasta NF or 1% Milk	3 Mediterranean Lentils Broccoli** Carrots** Tangerine OR Tangelo* WG Pita Bread NF or 1% Milk	4 *Labor Day Special Meal* Grilled Chicken Sandwich Carrots** Strawberries* Spring Mix Salad Greens w/ Cucumber & Radish Cantaloupe*** WG Bun NF or 1% Milk Chocolate Chip Cookie
WEEK 5	7 HAPPY LAB DAY SBSS CLOSED	8 Beef Stir Fry Broccoli** Vegetables in entrée Pineapple & Papaya*** OR Pineapple & Mango*** WG Spaghetti Lo Mein NF or 1% Milk	9 Baked Chicken LS Red Beans Baked Yams** Tangerine or Tangelo* WG Dinner Roll NF or 1% Milk	10 Fish Almandine Herbed Spinach** Corn Kiwi* OR Strawberries* Quinoa NF or 1% Milk	11 Harissa Chickpeas Vegetables in entrée Roasted Eggplant Kiwi* OR Strawberries* Quinoa NF or 1% Milk
WEEK 6	14 Beef Fajitas Corn Green Beans Tangerine OR Tangelo* WG Tortilla NF or 1% Milk	15 Chicken Chile Verde LS Pinto Beans Garlic Zucchini Cantaloupe*** Spanish Brown Rice NF or 1% Milk	16 Fish Picatta Sautéed Red & Orange Bell Peppers w/ Onions *Creamy Coleslaw Apple Quinoa NF or 1% Milk	17 Beef Stew Garlic Kale Vegetable in Entrée** Honeydew Melon* Brown Rice NF or 1% Milk	18 Turkey Bolognese Broccoli** Mushrooms Orange* WG Pasta NF or 1% Milk
WEEK 1	21 Chicken Tikka Masala Vegetables (in entrée)** Roasted Eggplant Cantaloupe*** Brown Rice Pilaf NF or 1% Milk	22 Lemon Glazed Fish Carrots** Kale Chopped Salad w/ Lemon Vinaigrette Banana Quinoa NF or 1% Milk	23 Beef & Broccoli Vegetables (in entrée)** Bok Choy OR Collard Greens** Honeydew Melon* Brown Rice NF or 1% Milk	24 Chicken Pasta Primavera Green Peas Cauliflower Tangerine OR Tangelo* WG Pasta NF or 1% Milk	25 Beef Chile Colorado LS Black Beans Kiwi* OR Strawberries* WG Tortilla NF or 1% Milk
WEEK 2	28 Fish w/ Garlic Sauce Spinach** Corn Orange* Quinoa Pilaf NF or 1% Milk	29 Carne Asada LS Refried Beans Chayote w/ Onions & Tomatoes Kiwi* OR Strawberries* WG Tortilla NF or 1% Milk	30 Sesame Chicken Parsnips OR Green Beans Vegetable (in grain) Cantaloupe*** WG Spaghetti Lo Mein w/ Bamboo Shoots & Cabbage 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.	

September Weekly Activities

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 AM	Coffee & News Alison Atrium	8:00 AM	Coffee & News Alison Atrium	8:00 AM	Coffee & News Alison Atrium	8:00 AM	Coffee & News Alison Atrium	8:00 AM	Coffee & News Alison Atrium
8:00 AM	Brain Games Alison Atrium	8:00 AM	Breakfast w/ Alison Alison Dining Room	8:00 AM	Brain Games Alison Atrium	8:00 AM	Brain Games Alison Atrium	8:00 AM	Brain Games Alison Atrium
9:00 AM	Korean Tech Class Derek Cyber Cafe	9:00 AM	EBP Arthritis Exercise Alison Cyber Cafe	9:00 AM	Korean Tech Class Derek Cyber Cafe	9:00 AM	Morning Workout Darlene Dining Room	9:00 AM	Chair Stretching Victor & Dereck 2 nd . Floor
9:00 AM	Chair Stretching Victor & Dereck 2 nd . Floor			9:00 AM	Chair Stretching Victor & Dereck 2 nd . Floor	9:00 AM	Loteria Alison Dining Room		
10:00 AM	Board Games Alison Dining Room	10:00 AM	Jenga/Tabel Games Alison Dining Room	10:00 AM	Arts/Crafts Alison Dining Room	10:00 AM	Chair Yoga Mooni Dining Room	10:00 AM	Board Games Alison Dining Room
12:00 PM	Dance w/ Dereck & Victor Victor & Dereck 2 nd . Floor	12:00 PM	Fitness w/ Kerry Kerry Dining Room	12:00 PM	Dance w/ Victor & Dereck Victor & Dereck 2 nd . Floor	12:00 PM	Fitness Kerry Gym	12:00 PM	Dance Victor & Dereck 2 nd . Floor
		12:00 PM	Arts /Crafts Alison Dining Room						
1:00 PM	Bingo Alison Dining Room	1:00 PM	ESL-Spanish Ann Meeting Room	1:00 PM	Loteria Celeste Dining Room	1:00 PM	Beads & Bracelets Alison Dining Room	1:00 PM	Bingo Alison Dining Room
		1:00 PM	Tech Class Veronica Cyber Cafe	1:00 PM	Tech Class Veronica Cyber Cafe	1:00 PM	Spanish Tech Class Veronica Cyber Cafe		
2:00 PM	Foosball Alison Atrium	2:00PM	Painting Celeste Dining Room	2:00 PM	Dominoes Alison Dining Room	2:00 PM 3:00 PM	Movie Screening Alison Dining Room	2:00 PM	Bowling Alison Dining Room

3:00 PM	Arts & Crafts Alison Dining Room	3:00 PM	Bowling Alison Dining Room	3:00 PM	Foosball Alison Atrium			3:00 PM	Connect 4 Alison Dining Room
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