

SBSS Hollywood
5170 Santa Monica Blvd.
Los Angeles, CA 90029
213-388-4444 ext. 3

St. Barnabas Senior Services

October Newsletter

Vol. 3, No. 10

AGEISM AWARENESS DAY



 **Digital Inclusion Week**
October 6th - 10th



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	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
10 Beef w/ Onion & Tomatoes Steamed Collard Greens Tangerine or Tangelo* Brown Rice NF or 1% Milk	9 Chicken Enchiladas Verde LS Black Beans Yellow Summer Squash Kiwi* WG Tortilla in entree NF or 1% Milk	16 Fish Almondine Garlic Spinach Pineapple & Papaya Quinoa 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 5 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	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		
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

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

October 2025

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213-388-4444

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

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WEEK 5					LUNCH IS AT 11 AM MONDAY -FRIDAY				
MON		TUE		WED		THU		FRI	
27		28		29		30		31	
8	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS	COFFEE & NEWS
	YANCY ATRIUM	YANCY ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM
	BRAIN GAMES	BRAIN GAMES	THE PRICE RIGHT	BRAIN GAMES	BRAIN GAMES	BRAIN GAMES	BRAIN GAMES	BRAIN GAMES	BRAIN GAMES
	YANCY ATRIUM	YANCY OUTSIDE	YANCY OUTSIDE	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM	ALISON ATRIUM
9	STRETCHING	COLORING / BB EAD MAKING	PAINTING	ARTS & CRAFTS	ARTS & CRAFTS	ARTS & CRAFTS	ARTS & CRAFTS	STRETCHING	STRETCHING
	LILLIE GYM	LILLIE GYM	LILLIE GYM	LILLIE GYM	LILLIE GYM	LILLIE GYM	LILLIE GYM	LILLIE GYM	LILLIE GYM
	WORD SEARCH	HANG MAN	MEMORY GAME	MEMORY GAME	MEMORY GAME	MEMORY GAME	MEMORY GAME	WORD SEARCH	WORD SEARCH
	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM
10	BINGO	FITNESS/KERRY	ARTHRITIS CLASS	COFFEE DAY	COFFEE DAY	COFFEE DAY	COFFEE DAY	Halloween Party	Halloween Party
	YANCY GREATROOM	LILLIE CYBERC.	LILLIE CYBERC.	LILLIE CYBERC.	LILLIE CYBERC.	LILLIE CYBERC.	LILLIE CYBERC.	LILLIE CYBERC.	LILLIE CYBERC.
	BLACK CAT DAY	CHOCOLATE DAY	BAKU JAZZ DAY	CANDY CORN DAY	CANDY CORN DAY	CANDY CORN DAY	CANDY CORN DAY	Halloween Party	Halloween Party
	YANCY CYBERC.	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM
12	LOTERIA	BINGO	WORD SEARCH	LOTERIA	LOTERIA	LOTERIA	LOTERIA	Halloween Party	Halloween Party
	LILLIE GYM	KERRY GYM	YANCY GYM	GEMA CYBERC.	GEMA CYBERC.	GEMA CYBERC.	GEMA CYBERC.	GENA CYBERC.	GENA CYBERC.
	ARTHRITIS CLASS	UNO	ARTHRITIS CLASS	UNO	UNO	UNO	UNO	Halloween Party	Halloween Party
	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM	YANCY GREATROOM
13	COUNCIL MEET	PHASE 10	JOKE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	Halloween Party	Halloween Party
	YANCY GREATROOM	KERRY GYM	KERRY GYM	KERRY GYM	KERRY GYM	KERRY GYM	KERRY GYM	Joanna CYBERC.	Joanna CYBERC.
	STRENGTHING / MOONI	FAMILY FEUD	PRICE IS RIGHT	MOVIE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	Tech Class	Tech Class
	LILLIE CYBERC.	YANCY GREATROOM	YANCY GREATROOM	LILLIE GREATROOM	LILLIE GREATROOM	LILLIE GREATROOM	LILLIE GREATROOM	Joanna GREATROOM	Joanna GREATROOM
2	AWARDS SHOW	KARAOKE	MATH TEST	MOVIE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	Halloween Party	Halloween Party
	LILLIE GREATROOM	LILLIE	SEBASTION GREATROOM	LILLIE	LILLIE	LILLIE	LILLIE	Joanna GREATROOM	Joanna GREATROOM
	AWARDS SHOW	MUSIC/GAMES	UNO	MOVIE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	Tech 1-1	Tech 1-1
	LILLIE CYBERC.	YANCY CYBERC.	SEBASTION CYBERC.	YANCY CYBERC.	YANCY CYBERC.	YANCY CYBERC.	YANCY CYBERC.	Joanna CYBERC.	Joanna CYBERC.
3	AWARDS SHOW	LINE DANCING	SALSA DANCE	MOVIE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	Halloween Party	Halloween Party
	LILLIE CYBERC.	LILLIE GREATROOM	SEBASTION GREATROOM	LILLIE GREATROOM	LILLIE GREATROOM	LILLIE GREATROOM	LILLIE GREATROOM	YANCY GREATROOM	YANCY GREATROOM
	AWARDS SHOW	BEAN BAG TOSS	CORN HOLE	MOVIE DAY	MOVIE DAY	MOVIE DAY	MOVIE DAY	Halloween Party	Halloween Party
	LILLIE GREATROOM	YANCY GYM	SEBASTION GREATROOM	YANCY GYM	YANCY GYM	YANCY GYM	YANCY GYM	YANCY GREATROOM	YANCY GREATROOM

WEEK 4

LUNCH IS AT 11 AM MONDAY -FRIDAY

MON	TUE	WED	THU	FRI
20	21	22	23	24
COFFEE & NEWS 8ALISONATRIUM BRAIN GAMES ALISONATRIUM	COFFEE & NEWS 8ALISONATRIUM BREAKFAST IN THE MORNING ALISONOUTSIDE	COFFEE & NEWS 8ALISONATRIUM BRAIN GAMES ALISONATRIUM	COFFEE & NEWS 8ALISONATRIUM BRAIN GAMES ALISONATRIUM	COFFEE & NEWS 8ALISONATRIUM BRAIN GAMES ALISONATRIUM
STRETCHING 9LILLIEGYM WORD SEARCH YANCYGREATROOM	PAINTING 9LILLIEGYM JAME THAT TUN YANCYGREATROOM	STRETCHING 9LILLIEGYM WORD SEARCH YANCYGREATROOM	COOKING CLASS 9LILLIEGYM QUEEN'S CARE YANCYGREATROOM	STRETCHING 9LILLIEGYM FUN FACTS YANCYGREATROOM
CASHEW DAY 1LILLIECYBERC. BINGO YANCYGREATROOM	MOTHER EARTH 1LILLIECYBERC. FITNESS/KERRY YANCYGREATROOM	BOOK DAY 1LILLIECYBERC. BINGO YANCYGREATROOM	HEALTH EDUCATION DAY 1LILLIECYBERC. FITNESS/KERRY YANCYGREATROOM	FOOD DAY 1LILLIECYBERC. BINGO YANCYGREATROOM
DANCE 1LILLIEGYM ARTHRITIS CLASS YANCYGREATROOM	PHASE 10 1YANCYGREATROOM PICTIONARY YANCYGYM	SEEDS OF HOPE 1LILLIEGYM SEEDS OF HOPE YANCYGREATROOM	IPAD GAMES 1GEMACYBERC. GARDEN CLUB YANCYGREATROOM	SIMON SAYS 1GEMACYBERC. ARTHRITIS CLASS YANCYGREATROOM
COUNCIL MEET 1YANCYGREATROOM IPAD GAMES YANCYCYBERC.	FITNESS 1KERRYGYM FAMILY FEUD YANCYGREATROOM	SEEDS OF HOPE 1YANCYGYM SEEDS OF HOPE LILLIEGREATROOM	MOVIE DAY 1KERRYGYM MOVIE DAY LILLIEGREATROOM	Tech Class 1JoannaCYBERC. Tech Class JoannaGREATROOM
DOMINOES 2LILLIEGYM GAMES/MUSIC YANCYCYBERC.	DISCOVERY 2LILLIEGYM GAMES/MUSIC YANCYCYBERC.	SIT & FIT YOGA CLASS 2LILLIEGYM GAMES/MUSIC YANCYCYBERC.	MOVIE DAY 2LILLIEGYM MOVIE DAY YANCYCYBERC.	Tech 1-1 2JoannaGREATROOM Tech 1-1 JoannaGREATROOM
LEARN TO SALSA 3LILLIEGREATROOM CORN HOLE YANCYGYM	LINE DANCING 3LILLIEGREATROOM BEAN BAG TOSS YANCYGYM	LEARN TO SAMBA 3LILLIEGREATROOM HORSE SHOES YANCYGYM	MOVIE DAY 3LILLIE MOVIE DAY YANCYGYM	BALL ROOM DANCING 3LILLIEGREATROOM RING TOSS YANCYGREATROOM

WEEK 1

LUNCH IS AT 11 AM MONDAY -FRIDAY

MON	TUE	WED	THU	FRI
		1	2	3
8	8	COFFEE & NEWS 8YANCYATRIUM BRAIN GAMES YANCYATRIUM	COFFEE & NEWS 8YANCYATRIUM BRAIN GAMES YANCYATRIUM	COFFEE & NEWS 8YANCYATRIUM BRAIN GAMES YANCYATRIUM
9	9	STRETCHING 9JeanGYM MEMORY GAME YANCYGREATROOM	WORD SEARCH 9JeanGYM QUEEN'S CARE NursesGREATROOM	STRETCHING 9LILLIEGYM WORD SEARCH YANCYGREATROOM
10	10	BINGO 1YANCYGREATROOM NAT. FUN DAY SoniaCYBERC.	FITNESS/KERRY 1KerryGREATROOM BURRITO DAY SoniaCYBERC.	BINGO 1YANCYGREATROOM HUG DAY LILLIECYBERC.
12	12	LOTERIA 1LILLIEGYM ARTHRITIS CLASS YancvGREATROOM	TRIVIA 1JeanCYBERC. GARDEN CLUB YANCYGREATROOM	BIRTHDAY CELEBRATE 1GEMACYBERC. BIRTHDAY CELEBRATE YANCYGREATROOM
13	13	FITNESS/MOON 1MoniGYM PRICE IS RIGHT JeanGREATROOM	MOVIE DAY 1KERRYGYM MOVIE DAY GEMACYBERC.	TECH CLASS 1YANCYGREATROOM BIRTHDAY CELEBRATE JeanCYBERC.
2	2	UNO 2JeanGREATROOM GAMES/MUSIC YANCYCYBERC.	MOVIE DAY 2LILLIEGREATROOM GAMES/MUSIC YANCYCYBERC.	TECH TIME/ONE ON ONE 2SoniaGREATROOM BIRTHDAY CELEBRATE YANCYCYBERC.
3	3	LEARN TO SAMBA 3JeanGREATROOM HORSE SHOES SoniaGYM	BALLROOM DANCING 3LILLIEGREATROOM PING PONG YANCYGYM	BIRTHDAY CELEBRATE 3LILLIEGREATROOM BIRTHDAY CELEBRATE YANCYGYM

WEEK 2

MON	TUE	WED	THU	FRI
6	7	8	9	10
8 COFFEE & NEWS YANCY ATRIUM FIELD TRIP HUNGINTON LIBRARY YANCY ATRIUM	8 COFFEE & NEWS YANCY ATRIUM MEMORY GAMES YANCY OUTSIDE	8 COFFEE & NEWS YANCY ATRIUM BRAIN GAMES YANCY ATRIUM	8 COFFEE & NEWS YANCY ATRIUM BRAIN GAMES YANCY ATRIUM	8 COFFEE & NEWS YANCY ATRIUM BRAIN GAMES YANCY ATRIUM
9 STRETCHING LILLIE GYM COLORING YANCY GREATROOM	9 WORD SEARCH LILLIE GYM PAINTING YANCY GREATROOM	9 STRETCHING LILLIE GYM WORD SEARCH YANCY GYM	9 WORD SEARCH LILLIE GYM PAINTING YANCY GYM	9 STRETCHING LILLIE GYM WORD SEARCH YANCY GYM
10 LOTERIA YANCY GREATROOM WORLD HEALTH LILLIE CYBERC.	10 FITNESS/KERRY YANCY GREATROOM FITNESS/KERRY LILLIE CYBERC.	10 BINGO YANCY GREATROOM NAME YOURSELF LILLIE CYBERC.	10 FITNESS/KERRY YANCY GREATROOM SIBLINGS DAY LILLIE CYBERC.	10 BINGO YANCY GREATROOM PET DAY LILLIE CYBERC.
11 STEPPING/DANCE LILLIE GYM LOTERIA YANCY GREATROOM	11 FIESTA COMMUNITY SENIOR YANCY DININGROOM FITNESS/KERRY YANCY GREATROOM	11 DANCE LILLIE GYM ARTHRITIS CLASS YANCY GREATROOM	11 FINISH THE LYRICS GEMA GYM GARDEN CLUB YANCY GREATROOM	11 DANCE LILLIE GYM ARTHRITIS CLASS YANCY GREATROOM
12 COUNCIL MEET YANCY GREATROOM BINGO YANCY CYBERC.	12 LOTERIA KERRY GYM UNO YANCY CYBERC.	12 CLOSED CLOSING	12 LOTERIA KERRY GYM UNO GEMA CYBERC.	12 Tech Class Joanna CYBERC. Tech Class Joanna GREATROOM
13 IPAD GAMES LILLIE GREATROOM GAMES/MUSIC YANCY CYBERC.	13 DOMINOES LILLIE GREATROOM BLACK JACK LAS VEGAS YANCY CYBERC.	13 EARLY ALL	13 DOMINOES LILLIE GREATROOM GAMES/MUSIC YANCY CYBERC.	13 Tech 1-1 Joanna GREATROOM Tech 1-1 LILLIE CYBERC.
14 LEARN TO SALSA LILLIE GREATROOM CORN HOLE YANCY GYM	14 STEPPING DANCE CLASS LILLIE GREATROOM RING TOSS YANCY GYM	14 STAFF MEETING	14 BALLROOM DANCING LILLIE GREATROOM RING TOSS YANCY GYM	14 KITE PARTY YANCY GREATROOM KITE PARTY YANCY GREATROOM

WEEK 3

MON	TUE	WED	THU	FRI
13	14	15	16	17
8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM	8 COFFEE & NEWS ALISON ATRIUM MEMORY GAME YANCY OUTSIDE	8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES YANCY OUTSIDE	8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM	8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM
9 STRETCHING LILLIE GYM WORD SEARCH YANCY GREATROOM	9 HANG-MAN LILLIE GYM JAME THAT TUN YANCY GREATROOM	9 STRETCHING LILLIE GYM MATH TEST YANCY GREATROOM	9 WORD SEARCH LILLIE GYM BINGO YANCY GREATROOM	9 STRETCHING LILLIE GYM WORD SEARCH YANCY GREATROOM
10 ARTS & CRAFT LILLIE CYBERC. BINGO YANCY GREATROOM	10 WORLD ART LILLIE CYBERC. FITNESS/KERRY YANCY GREATROOM	10 BREAST HEALTH DAY LILLIE CYBERC. DRAMA/ACTING YANCY GREATROOM	10 WORD DAY LILLIE CYBERC. FITNESS/KERRY YANCY GREATROOM	10 GOOD FRIDAY LILLIE CYBERC. FIELD TRIP/ YANCY GREATROOM
11 LOTERIA LILLIE GYM ARTHRITIS CLASS YANCY CYBERC.	11 CAMERA CLUB KERRY GYM WORD RIDDLES YANCY GREATROOM	11 FITNESS KERRY GYM ARTHRITIS CLASS YANCY GREATROOM	11 LOTERIA GEMA CYBERC. GARDEN CLUB YANCY GREATROOM	11 LOTERIA GENA CYBERC. ARTHRITIS CLASS YANCY GREATROOM
12 COUNCIL MEET YANCY GREATROOM BLACK JACK LAS VEGAS YANCY CYBERC.	12 FAVORITE FOOD KERRY GYM FAMILY FEUD YANCY GREATROOM	12 FITNESS KERRY GYM FAMILY FEUD YANCY GREATROOM	12 MOVIE DAY KERRY GYM MOVIE DAY LILLIE GREATROOM	12 Tech Class Joanna CYBERC. Tech Class Joanna GREATROOM
13 UNO LILLIE MUSIC/GAMES YANCY CYBERC.	13 COOKING CLASS LILLIE MUSIC/GAMES YANCY CYBERC.	13 DOMINOES LILLIE MUSIC/GAMES YANCY CYBERC.	13 MOVIE DAY LILLIE MOVIE DAY YANCY CYBERC.	13 Tech 1-1 Joanna GREATROOM Tech 1-1 YANCY CYBERC.
14 LEARN TO SALSA LILLIE GREATROOM CORN HOLE YANCY GYM	14 LINE DANCING LILLIE GREATROOM BEAN BAG TOSS YANCY GYM	14 LINE DANCING LILLIE GREATROOM BEAN BAG TOSS YANCY GYM	14 MOVIE DAY LILLIE GREATROOM MOVIE DAY YANCY GYM	14 SALSA DANCE YANCY GREATROOM CORN HOLE YANCY GREATROOM