October 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

Featured Programs & Events

10/02: Breast Cancer Awareness Month
Dining Room I1:00pm-3:00pm

10/06: CCNP Cancer Presentation
Cyber Cafe | 9:30pm-10:30pm

10/07: Food Bank
Dining Room I 12:00-2:00pm

10/01-& 10/15: Queens Care
Nurse I Atrium I 8:00am-2:00 pm

10/14-10/28: Music Mends Minds
Dining Room I Music & Karaoke I 1:00pm-2:00pm

10/15: Farmer's Market
Field Trip I outside I 9:00am-I13:00 am

10/16: Country Music Month
Dining Room I 1:00pm-3:00pm

10/21: LA Public Library
Workshop/Board Room I 9:30am-10:30am

10/29: Farmer's Market
Field Trip I outside I 9:00am-I13:00 am

10/30: Halloween Celebration
Music, I Dining Room I 1:00pm
10:00 am - 2:00 pm

SBSS Live Well · Feel Well · Age Well — 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	KITCHEN TO GO	* 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 *Special Meal* **Sweet & Tangy Meatballs** LS Black Eyed Peas Coleslaw* Fresh Fruit in season WG Roll NF or 1% Milk Pumpkin Pudding

October 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 | 2nd. Floor
9:00 AM	**Chair Stretching** Victor & Dereck | 2nd. Floor			9:00 AM	**Chair Stretching** Victor & Dereck | 2nd. 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 | 2nd. Floor	12:00 PM	**Fitness w/ Kerry** Kerry | Dining Room	12:00 PM	**Dance w/ Victor & Dereck** Victor & Dereck | 2nd. Floor	12:00 PM	**Fitness** Kerry | Gym	12:00 PM	**Dance** Victor & Dereck | 2nd. 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 I 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