

SBSS Mid-City
675 South Carondelet St.
Los Angeles, CA 90057
213-388-4444 ext. 1

St. Barnabas Senior Services
October Newsletter
Vol. 3, No. 10

AGEISM
AWARENESS DAY

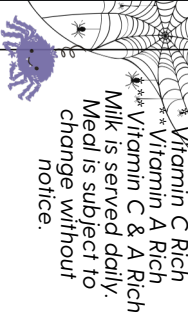


FOLLOW US



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 Vitamin C Rich **Vitamin A Rich **Vitamin C & A Rich Milk is served daily. Meal is subject to change without notice. 	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
WEEK 5 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	8 White Fish Carrots Orange Quinoa NF or 1% Milk	9 Chicken Enchiladas Verde LS Black Beans Yellow Summer Squash Kiwi WG Tortilla in entree NF or 1% Milk	10 Beef w/ Onion & Tomatoes Steamed Collard Greens or Kale Tangerine or Tangelo Brown Rice NF or 1% Milk
WEEK 1 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	16 Fish Almondine Garlic Spinach Pineapple & Papaya Quinoa 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	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 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 Sweet & Tangy Meatballs Coleslaw Fresh Fruit in Season WG Roll Pumpkin Pudding NF or 1% Milk

SBSS 675 S Carondelet St Los Angeles CA 90057
October 2025
Live Well Feel Well Age Well 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				
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM	8 COFFEE & NEWS ALISON ATRIUM BREAKFAST IN THE PARK ALISON OUTSIDE	8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM	8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM	8 COFFEE & NEWS ALISON ATRIUM BRAIN GAMES ALISON ATRIUM
9 STRETCHING DEREK/VICTOR GYM WORD SEARCH ALISON DINING ROOM	9 ARTS & CRAFTS ALISON GYM NAME THAT TUNE ALISON DINING ROOM	9 STRETCHING DEREK/VICTOR GYM WORD SEARCH ALISON GREAT ROOM	9 ARTHRITIS ALISON GYM NAME THAT TUNE ALISON DINING ROOM	9 STRETCHING DEREK/VICTOR GYM WORD SEARCH ALISON DINING ROOM
10 BINGO ALISON DINING ROOM COMPUTER GAMES ALISON CYBER CAFE	10 FITNESS KERRY GYM TABLE DISCUSSION ALISON DINING ROOM	10 TRAVEL CLUB ALISON CYBER C. BINGO ALISON GREAT ROOM	10 CAMERA CLUB ALISON CYBER C. LOTERIA ALISON GREAT ROOM	10 GARDEN CLUB ALISON CYBER C. BINGO ALISON DINING ROOM
LUNCH AT 11:00 AM MONDAY – FRIDAY				
12 DANCE DEREK/VICTOR GYM BOOK CLUB ALISON DINING ROOM	12 FITNESS KERRY GYM GARDEN CLUB ALISON DINING ROOM	12 DANCE DEREK/VICTOR GYM ARTS & CRAFTS ALISON DINING ROOM	12 FITNESS KERRY GYM WORDSEARCH ALISON DINING ROOM	12 TECH TIME PAULA CYBER C. ARTS AND CRAFTS ALISON GREAT ROOM
1 BINGO ALISON DINING ROOM PAINTING ALISON DINING ROOM	1 PAINTING ALISON DINING ROOM FAMILY FEUD ALISON DINING ROOM	1 CHAIR YOGA MOONI GYM COOKING CLASS IAAYE DINING ROOM	1 BEADS WORK ALISON DINING ROOM MOVIE DAY ALISON DINING ROOM	<div>1</div> <div data-cs="2" data-kind="parent" data-rs="3">HALLOWEEN PARTY</div> <div data-kind="ghost"></div>
2 TABLE DISCUSSION ALISON DINING ROOM ARTS & CRAFTS ALISON DINING ROOM	2 CORN HOLE ALISON DINING ROOM MONOPOLY ALISON DINING ROOM	2 KARAOKE ALISON DINING ROOM TABLE DISCUSSION ALISON DINING ROOM	<div>2</div> <div data-cs="2" data-kind="parent" data-rs="2">MOVIE DAY</div> <div data-kind="ghost"></div>	
3 SALSA LESSONS ALISON DINING ROOM GARDEN CLUB ALISON DINING ROOM	3 DANCE ALISON DINING ROOM JENGA ALISON DINING ROOM	3 SAMBA ALISON DINING ROOM SAMBA ALISON DINING ROOM	<div>3</div> <div data-kind="ghost"></div>	

WEEK 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
20		21		22		23		24		
8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	
	ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM	
	BRAIN GAMES		BREAKFAST IN THE PARK		BRAIN GAMES		BRAIN GAMES		BRAIN GAMES	
	ALISON ATRIUM		ALISON OUTSIDE		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM	
9	PAINTING	9	PAINTING	9	ARTS AND CRAFTS	9	MORNING WORKOUT	9	WORD SEARCH	
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		DAKLENE GYM		ALISON DINING ROOM	
	WORD SEARCH		JENGA		WORD SEARCH		PAINTING		ARTS & CRAFTS	
	ALISON GREAT ROOM		ALISON GREAT ROOM		ALISON DINING ROOM		ALISON GREAT ROOM		ALISON DINING ROOM	
10	STRETCHING	10	FITNESS	10	STRETCHING	10	CHAIR YOGA	10	STRETCHING	
	DEREK/VICTOR GYM		KERRY GYM		DEREK/VICTOR GYM		MOONI GYM		DEREK/VICTOR GYM	
	BINGO		JENGA		BINGO		WORD SEARCH		UNO	
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM	
LUNCH AT 11:00 AM MONDAY – FRIDAY										
12	DANCE	12	FITNESS	12	DANCE	12	FITNESS	12	DANCE	
	DEREK/VICTOR GYM		KERRY GYM		DEREK/VICTOR GYM		KERRY CYBER C.		DEREK/VICTOR GYM	
	JENGA		UNO		DOMINOES		GARDEN CLUB		TABLE DISCUSSION	
	ALISON CYBER C.		ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM	
1	BINGO	1	LEAVES OF GRATITUDE	1	CHAIR YOGA	1	BEAD WORK	1	LOTERIA	
	ALISON DINING ROOM		RUSARIO DINING ROOM		MOONI GYM		ALISON DINING ROOM		ALISON CYBER C.	
	TABLE DISCUSSION		ARTHRITIS CLASS		COOKING CLASS		BLACK JACK		DOMINOES	
	ALISON CYBER C.		ALISON DINING ROOM		IAAYEE DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM	
2	MONOPOLY	2	CORN HOLE	2	TABLE DISCUSSION	2	MOVIE DAY	2	LOTERIA	
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM				ALISON DINING ROOM	
	DANCE		MONOPOLY		UNO				JENGA	
	ALISON CYBER C.		ALISON CYBER C.		ALISON DINING ROOM				ALISON CYBER C.	
3	LEARN TO SALSA	3	LINE DANCING	3	LEARN TO SAMBA	3		3	DANCE	
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM				ALISON DINING ROOM	
	CORN HOLE		BEAN BAG TOSS		HORSE SHOE				DANCE	
	ALISON GYM		ALISON GYM		ALISON GYM				ALISON DINING ROOM	

WEEK 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				1		2		3		
				8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	
					ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM	
					BRAIN GAMES		BRAIN GAMES		BRAIN GAMES	
					ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM	
					PAINTING		MORNING WORKOUT		WORD SEARCH	
					ALISON DINING ROOM		DAKLENE GYM		ALISON DINING ROOM	
					WORDSEARCH		WORD SEARCH		ARTS & CRAFTS	
					ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM	
					STRETCHING		FITNESS		STRETCHING	
					DEREK/VICTOR GYM		KERRY DINING ROOM		DEREK/VICTOR GYM	
	DOMINOES		COLORING TIME		DOMINOES					
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM					
LUNCH AT 11:00 AM MONDAY – FRIDAY										
				1	DANCE	1	FITNESS	1	DANCE	
					DEREK/VICTOR GYM		KERRY GYM		DEREK/VICTOR GYM	
					ARTS & CRAFTS		WORDSEARCH		JENGA	
					ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM	
					CHAIR YOGA		BEADS WORK		LOTERIA	
					MOONI GYM		ALISON DINING ROOM		ALISON DINING ROOM	
					COOKING CLASS		MOVIE DAY		PAINTING	
					IAAYE DINING ROOM				ALISON DINING ROOM	
					KARAOKE			2		CORN HOLE
					ALISON DINING ROOM					ALISON DINING ROOM
	GARDEN CLUB				JENGA					
	ALISON DINING ROOM				ALISON DINING ROOM					
	SAMBA				LEARN A DANCE					
	ALISON DINING ROOM				ALISON DINING ROOM					
	SAMBA				CHECKERS					
	ALISON DINING ROOM				ALISON DINING ROOM					

WEEK 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
6		7		8		9		10			
8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS		
	ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		
	BRAIN GAMES		BREAKFAST IN THE PARK		BRAIN GAMES		BRAIN GAMES		BRAIN GAMES		
	ALISON ATRIUM		ALISON OUTSIDE		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		
9	TECH CLASS KOREAN	9	BREAKFAST IN THE PARK	9	TECH CLASS KOREAN	9	MORNING WORKOUT	9	WORD SEARCH		
	DEREK CYBER CAFE		ALISON DINING ROOM		DEREK CYBER CAFE		DAKLENE GYM		ALISON DINING ROOM		
	PAINTING		WORD SEARCH		ARTS & CRAFTS		CHP PRESENTATION		PAINTING		
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		OFFICERS DINING ROOM		ALISON DINING ROOM		
10	STRETCHING	10	FITNESS	10	STRETCHING	10	FIELD TRIP	10	STRETCHING		
	ALISON GYM		KERRY GYM		DEREK/VICTOR GYM		ALISON FIELD TRIP		ALISON GYM		
	ARTS AND CRAFTS		PAINTING		BOWLING		CHAIR YOGA		ARTS & CRAFTS		
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		MOONI GYM		ALISON DINING ROOM		
LUNCH AT 11:00 AM MONDAY – FRIDAY											
11	DANCE	11	TABLE DISCUSSION	11	DANCE	11	FITNESS	11	DANCE		
	DEREK/VICTOR GYM		ALISON GYM		DEREK/VICTOR GYM		KERRY GYM		DEREK/VICTOR GYM		
12	BOOK CLUB	12	DOMINOES	12	JENGA	12	JENGA	12	JENGA		
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		ALISON BOARD ROOM		ALISON DINING ROOM		
13	BINGO	13	TECH CLASS	13	EARLY CLOSED	13	DIY NECLACES	13	LOTERIA		
	ALISON DINING ROOM		PAULA CYBER C.				ALISON DINING ROOM		ALISON DINING ROOM		
	ARTS & CRAFTS		ARTHRITIS CLASS								
	ALISON DINING ROOM		ALISON DINING ROOM								
14	TABLE DISCUSSION	14	CORN HOLE	14							
	ALISON DINING ROOM		ALISON DINING ROOM								
15	PAINTING	15	MONOPOLY								
	ALISON DINING ROOM		ALISON DINING ROOM								
16	SALSA LESSONS	16	DANCE	16							
	ALISON DINING ROOM		ALISON DINING ROOM								
17	GARDEN CLUB	17	JENGA								
	ALISON DINING ROOM		ALISON DINING ROOM								

WEEK 3

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
13		14		15		16		17			
8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS	8	COFFEE & NEWS		
	ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		
	BRAIN GAMES		BREAKFAST IN THE PARK		BRAIN GAMES		BRAIN GAMES		BRAIN GAMES		
	ALISON ATRIUM		ALISON OUTSIDE		ALISON ATRIUM		ALISON ATRIUM		ALISON ATRIUM		
9	WORD SEARCH	9	PAINTING	9	PAINTING	9	MORNING WORKOUT	9	PAINTING		
	ELIZABETH GYM		ALISON GYM		ALISON GYM		DAKLENE GYM		ELIZABETH GYM		
	STRETCHING		WORD SEARCH		WORD SEARCH		WORD SEARCH		WORD SEARCH		
	DERECK & VICTOR DINING ROOM		ALISON DINING ROOM		ALISON GYM		ALISON DINING ROOM		ALISON GYM		
10	WORD SEARCH	10	FITNESS	10	STRETCHING	10	CHAIR YOGA	10	STRETCHING		
	ELIZABETH DINING ROOM		KERRY GREAT ROOM		DEREK/VICTOR GYM		MOONI GYM		DEREK/VICTOR GYM		
	CONNECT FOUR		JENGA		CORN HOLE		TABLE DISCUSSION		WORD SEARCH		
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON CYBER C.		ALISON CYBER C.		ALISON CYBER C.		
LUNCH AT 11:00 AM MONDAY – FRIDAY											
11	ARTHRITIS	11	TABLE DISCUSSION	11	DANCE	11	FITNESS	11	DANCE		
	ALISON GYM		ALISON GYM		ALISON GYM		KERRY GYM		DEREK/VICTOR GYM		
12	TABLE DISCUSSION	12	MY LIFE STORY	12	JENGA	12	CORN HOLE	12	UNO		
	ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		ALISON DINING ROOM		
13	BINGO	13	ARTHRITIS CLASS	13	CHAIR YOGA	13	BEAD WORK	13	LOTERIA		
	ALISON DINING ROOM		ALISON DINING ROOM		MOONI GYM		ALISON DINING ROOM		ALISON DINING ROOM		
	PAINTING		CCNP PRESENTATION		COOKING CLASS		TECH TIME		JENGA		
	ALISON CYBER C.		ALISON CYBER C.		IAAYEE DINING ROOM		PAULA CYBER C.		ELIZABETH CYBER C.		
14	MONOPOLY	14	ARTS & CRAFTS	14	MONOPOLY	14	MOVIE DAY	14	TABLE DISCUSSION		
	ALISON GREAT ROOM		ALISON DINING ROOM		ALISON DINING ROOM				ALISON DINING ROOM		
	KARAOKE		CORN HOLE		TABLE DISCUSSION				ARTS & CRAFTS		
	ALISON CYBER C.		ALISON DINING ROOM		ALISON CYBER C.				ALISON CYBER C.		
15	LEARN TO SALSA	15	LINE DANCING	15	LEARN TO SAMBA	15		15	LINE DANCE		
	ALISON GREAT ROOM		ALISON DINING ROOM		ALISON DINING ROOM				ALISON DINING ROOM		
	CORN HOLE		BEAN BAG TOSS		HORSE SHOE				CORN HOLE		
	ALISON GYM		ALISON GYM		ALISON GYM				ALISON DINING ROOM		