

301 Sutter Avenue, Brooklyn, NY 11212 (917) 962-8277  
 Alexis McCain (Program Coordinator) Tyrell Thomas (Program Assistant)

## **SEPTEMBER 2025**

### **MONTHLY LUNCH CALENDAR**

### **SEPTEMBER LUNCH MENU – Whole Wheat Bread & 1% Milk (Included)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2) Caribbean Rice & Red Beans, Tossed Salad w/ Dressing, Cantaloupe	3) Braised Beef Short Ribs, Baked Potato, Brussels Sprouts, Watermelon	4) Baked Chicken Breast w/ Yogurt, Steamed Cabbage, Sweet Baked Yams, Apple	5) Baked Fish w/ Mushrooms & Peppers, Yellow Rice, Sauteed String Beans, Grapes
8) Baked Korean Chicken Wings, Baked Macaroni & Cheese, Sauteed Strong Beans, Pear	9) Black Bean Teriyaki Burger, Roasted Sweet Potato Fries, Tossed Salad w/ Dressing, Apple	10) Stewed Pork Chops, Brown Rice, Steamed Spinach, Orange	11) Turkey Burger w/ Cheese, Baked Fries, Cabbage Carrot Slaw, Honeydew	12) Baked Fish w/ Lemon Garlic Butter Sauce, Yellow Rice, Steamed Carrots, Banana
15) Beef & Turkey Meatloaf w/ Mushroom Gravy, Kaiser Roll, Broccoli & Red Peppers, Garlic Mashed Potatoes, Cantaloupe	16) Arroz Gandules, Boiled Southern Greens, Canned Pineapples	17) Stuffed Peppers w/ Turkey, Classic Garlic Bread, Steamed Carrots, Honeydew	18) Stewed Chicken Breast. Rice & Beans, Tossed Salad w/ Dressing, Orange	19) Baked Salmon w/ Lemon, Tarragon & Thyme, Whole Wheat Muffins, Steamed Cabbage, Sweet Baked Yams, Banana
22) Chicken Salad, Kaiser Roll, Israeli Salad, Simple Potato Salad, Banana	23) All American Loaded Baked Potato, Classic Garlic Bread, Spinach, Apple & Red Onion Salad, Watermelon	24) Baked Chicken Quaters, Arroz Con Gandules, Normandy Blend, Cantaloupe	25) Beef Hamburger, Whole Wheat Hamburger Bun, Kale w/ Tomato, Roasted Sweet Potato Fries, Apple	26) Oven Fried Fish, Pasta, Veggie Mix, Orange
29) Beef Meatloaf w/ Mushroom Gravy, Garlic Mashed Potatoes, Sauteed Green Beans w/ Onion, Cantaloupe	30) Tex-Mex Barley, Bean & Corn Salad, Classic Garlic Bread, Breaded Eggplant Cutlets, Steamed Carrots, Grapes			

**MENU SUBJECT TO CHANGE!**  
**THANK YOU FOR YOUR CONTRIBUTIONS. IT HELPS TO ENHANCE THE PROGRAM WITH PARTIES, SUPPLIES AND EVENTS** 😊

# Langston Hughes Social Club

301 Sutter Avenue, Brooklyn, NY 11212 917-962-8277

Alexis McCain, Program Coordinator Tyrell Thomas, Program Assistant

## September Happy Labor Day 2025

### MONTHLY SCHEDULE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) <b>Labor Day Center Closed</b></p>	<p>2) <b>Safety Workshop</b> 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Bingo 1pm – 2pm</p> <p>Game Buster's 2PM – 3PM</p>	<p>3) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p><b>Tommy Physical Health</b> 12pm – 1pm</p> <p>Game Busters 2pm – 3pm</p>	<p>4) Netflix and chill 11AM – 12 PM</p> <p>Lunch 12pm – 1pm</p> <p><b>Arts &amp; Crafts</b> 2pm – 3pm</p> <p>Game Busters 3pm – 4pm</p>	<p>5) <b>Line Dance</b> 11AM – 12pM</p> <p>LUNCH 12PM- 1PM</p> <p>Tommy Physical Health 1PM- 2PM</p> <p>Group Discussion 2pm - 4pm</p>
<p>8) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Group Discussion 1pm – 2pm</p> <p><b>Game Buster's</b> 2pm – 3pm</p>	<p>9) <b>Walmart Trip</b> 11am</p> <p>Lunch 12pm – 1pm</p> <p>Bingo 1pm – 2pm</p> <p><b>Arts &amp; Crafts</b> 2PM – 3PM</p>	<p>10) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p><b>Tommy Physical Health</b> 12pm – 1pm</p> <p>Game Busters 2pm – 3pm</p>	<p>11) Netflix and chill 11AM – 12 PM</p> <p>Lunch 12pm – 1pm</p> <p><b>Arts &amp; Crafts</b> 2pm – 3pm</p> <p>Game Busters 3pm – 4pm</p>	<p>12) Netflix and Chill 11AM – 12pM</p> <p>LUNCH 12PM- 1PM</p> <p>Tommy Physical Health 1PM- 2PM</p> <p>Group Discussion 2pm - 4pm</p>
<p>15) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Group Discussion 1pm – 2pm</p> <p><b>Cooking Demo</b> 2pm – 3pm</p>	<p>16) Walking Club 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Bingo 1pm – 2pm</p> <p><b>Arts &amp; Crafts</b> 2pm – 3pm</p> <p>Game Buster's 3PM – 4PM</p>	<p>17) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p><b>Tommy Physical Health</b> 12pm – 1pm</p> <p>Game Busters 2pm – 3pm</p>	<p>18) Meditation 11AM – 12 PM</p> <p>Lunch 12PM – 1PM</p> <p><b>Arts &amp; Crafts</b> 2pm – 3pm</p> <p>Game Busters 3pm – 4pm</p>	<p>19) Meditation 11AM – 12pM</p> <p>LUNCH 12PM- 1PM</p> <p>Tommy Physical Health 1PM- 2PM</p> <p>Group Discussion 2pm - 4pm</p>
<p>22) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Group Discussion</p>	<p>23) Walking Club 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p><b>Medicare Health Workshop</b> 12:30pm- 1:30pm</p>	<p>24) Current Events 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p><b>Tommy Physical Health</b> 12pm – 1pm</p>	<p>25) Netflix and chill 11AM – 12 PM</p> <p>Lunch 12pm – 1pm</p> <p><b>Arts &amp; Crafts</b> 2pm – 3pm</p>	<p>26) <b>Line Dance</b> 11am – 12pm</p> <p>Lunch 12pm – 1pm</p> <p>Tommy Physical Health</p>