

Langston Hughes Social Club

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

Alexis McCain, Program Coordinator Tyrell Thomas, Program Assistant

October Breast Cancer Awareness Month 2025

MONTHLY SCHEDULE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Current Events 11am – 12pm Lunch 12pm – 1:30pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	2) Morning Stretch 11am -12pm Lunch 12pm – 1: 30pm Movie Day Ruth & Boaz (New Tyler Perry Movie) 2pm -4pm	3) Netflix and Chill 11AM – 12pM LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Group Discussion 2pm - 4pm
6) Current Events 11am – 12pm Lunch 12pm – 1pm Group Discussion 1pm – 2pm Game Buster's 2pm – 3pm	7) Burlington/Applebee's 10:30am – 2pm Lunch 12pm – 1pm Arts & Crafts 2PM – 3PM	8) Current Events 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	9) Safety Workshop 11AM – 12 PM Lunch 12pm – 1pm Home Care Workshop 2pm – 3pm Game Busters 3pm – 4pm	10) Line Dance 11AM – 12pM LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Group Discussion 2pm - 4pm
13) Current Events 11am – 12pm Lunch 12pm – 1pm Group Discussion 1pm – 2pm Game Buster's 2pm – 3pm	14) Walmart trip 10:30am – 2pm Lunch 12pm – 1:30pm Arts & Crafts 2pm – 3pm	15) Current Events 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 12pm – 1pm Game Busters 2pm – 3pm	16) Meditation 11AM – 12 PM Lunch 12PM – 1PM Wayside Annual Breast Cancer walk 1pm – 3pm	17) Meditation 11AM – 12pM LUNCH 12PM- 1PM Tommy Physical Health 1PM- 2PM Group Discussion 2pm - 4pm
20) Current Events 11am – 12pm Lunch 12pm – 1pm Medicare Workshop 1pm – 2pm Game Buster's 2pm -3pm	21) Walking Club 11am – 12pm Lunch 12pm – 1pm Arts & Crafts 1pm – 2pm Game Busters 2PM – 3PM	22) Current Events 11am – 12pm Lunch 12pm – 1pm NYPD Community Affairs section Brooklyn North Breast Cancer Luncheon 11:30pm -3pm	23) Netflix and chill 11AM – 12 PM Lunch 12pm – 1pm Arts & Crafts 2pm – 3pm Game Busters 3pm – 4pm	24) Line Dance 11am – 12pm Lunch 12pm – 1pm Tommy Physical Health 1pm – 2pm Group Discussion 2pm – 3pm



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OCTOBER 2025 MONTHLY LUNCH CALANDER

OCTOBER LUNCH MENU – Whole Wheat Bread & 1% Milk (Included)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Tuna Salad, Kaiser Roll, Cole Slaw, Lettuce & Tomato, Applesauce	2) Pernil, Brown Rice w/ Kidney Beans, Green Plantains, Mixed Green Salad, Watermelon	3) Fish w/ Creole Sauce, Rice w/ Chickpeas, Steamed Cabbage, Fresh Pineapple
6) Turkey & Beef Salisbury Steak w/ Mushroom Gravy, Yellow Rice, California Blend Veggies, Banana	7) Creamy Chickpea Potato Curry, Brown Rice, Classic Garlic Bread, Steamed Cabbage, Orange	8) Chicken Parmesan, Multigrain Bread, Penne, Sauteed Spinach, Tossed Salad w/ Dressing, Honeydew	9) Pork Spareribs, Cornbread, Mashed Sweet Potatoes, Steamed Collard Greens, Cantaloupe	10) Fish w/ Creole Sauce or Lemon Garlic Butter, Baked Fries, California Blend Veggies, Grapes
13) Sweet & Sour Chicken Tenders, Whole Wheat Dinner Roll, Garlic Mashed Potatoes, Steamed Broccoli, Orange	14) Caribbean Rice & Red Beans, Tossed Salad w/ Dressing, Cantaloupe	15) Braised Beef Short Ribs, Baked Potato, Brussel Sprouts, Watermelon	16) Baked Chicken Breast w/ Yogurt, Steamed Cabbage, Sweet Baked Yams, Apple	17) Baked Fish w/ Mushroom & Peppers, Lemon Dill Fish Marinade, Yellow Rice, Sauteed String Beans, Grapes
20) Baked Korean Chicken Wings, Baked Mac & Cheese, Sauteed String Beans, Pear	21) Black Bean Teriyaki Burger, Whole Wheat Hamburger Bun, Roasted Sweet Potato Fries, Tossed Salad w/ Dressing, Apple	22) Stewed Pork Chops, Brown Rice, Steamed Spinach, Orange	23) Turkey Burger w/ Cheese, Whole Wheat Hamburger Bun, Baked Fries, Cabbage Carrot Slaw, Honeydew	24) Baked Fish w/ Lemon Garlic Butter Sauce, Sauteed Onions & Peppers, Yellow Rice, Steamed Carrots, Banana or Canned Sliced Peaches
27) Beef & Turkey Meatloaf w/ Mushroom Gravy, Kaiser Roll, Broccoli & Red Peppers, Garlic Mashed Potatoes, Cantaloupe	28) Arroz con Gandules, Boiled Southern Greens, Canned Pineapples	29) Stuffed Peppers w/ Turkey, Classic Garlic Bread, Steamed Carrots, Honeydew	30) Stewed Chicken Breast, Rice & Beans, Tossed Salad w/ Dressing, Orange	31) Baked Salmon w/ Lemon, Tarragon & Thyme, Whole Grain Corn Muffins, Steamed Cabbage, Sweet Baked Yams, Banana

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