



ROSETTA GASTON OAC

October 2026

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REMINDER ***PLEASE DONATE \$1.00 PER MONTH OR \$12.00 PER YEAR.**

Monthly Schedule Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 OCTOBER <i>Breast</i> CANCER AWARENESS MONTH			1) ARTS & CULTURE 11AM -12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM LEISURE 9AM- 5PM GAMES, 9AM-5PM	2) NATIONAL GUARD 10AM -10:40 AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM
5)ARTS &CRAFT 11AM -12PM TOMMY FITNESS 1PM HEALTHCARE MANAGEMENT 1PM 2PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM TELL IT LIKE IT IS 1PM -2PM LEISURE GAMES, 9AM-5PM	6) ARTS&CULTURE 11AM -12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM LEISURE 1PM-2PM GAMES, BINGO 9-AM 5PM	7) WALMART 10AM-12PM ARTS &CRAFT 11AM-12PM MEDICARE ONE - ONE 11 AM -12PM GAMES, BINGO 9AM -5PM	8) ARTS &CRAFT 11AM -12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM LEISURE 9AM -5PM GMAMES 9AM - 5PM	9) ARTS &CRAFT 11AM -12PM HARMONY ROADS 11: 00 AM 1PM EMERGENCY PREPARENES CPC 11:30-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM
12) TEAM TIME 10:30 AM 11:30AM ARTS &CRAFT 11AM -12PM TOMMY FITNESS 1PM HEALTH MANAGEMENT 12 PM-1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM TELL IT LIKE IT IS/LEISURE 1PM -2PM GAMES, 9AM-5PM	13)ARTS&C 11AM-12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM	14) EXERCISE 10AM- 10:30AM MAGIC AT WORLD CATSKILLS TRIP WITH TILDEN ARTS &CRAFT 11AM HEALTH MANAGEMENT 12 PM-1PM	15) TALENT IS TIMLESS 10AM-12PM ARTS& CULTURE 11AM-12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM	16) EXERCISE 10AM 10:30 AM SPA DAY 11AM UNTIL ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM
19) STORY TIME 10:30AM-11:30AM ARTS &CRAFT 11AM -12PM TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM- TELL IT LIKE IT IS/LEISURE 1PM -2PM LEISURE GAMES, BINGO 9AM-5PM	20)ARTS&CULTURE 11AM-12PM MOVIES 1PM-2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM	21) EXERCISE 10AM-10:30AM PS2 BREAST CANCER LUNCHEON 10AM -2PM ARTS &CRAFT 11AM-11:30 OAK STREET PRESENTATION 11:00 AM -1PM	22) ARTS CULTURE 11AM-12PM BREAST CANCER WALK 10 AM -2PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM	23) SIP-& PAINT 10:30 AM-11:30 AM EXERCISE 10AM -10:30AM ARTS &CRAFT 11AM -12PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM 1:30 PM MUSICAL ED 1PM-3PM
26) GREEN BAGS 10 AM ARTS&CRAFTS 11AM-12PM FAN-FOOD 10 AM - 3PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30PM TELL IT LIKE IT IS 1PM -2PM GAMES, BINGO 9AM- 5PM	27)ARTS&CULTURE 11AM-12PM PUMPKIN PICKING 1PM-2PM TECH 101 2:00 PM-3:00 PM GAMES 9AM-5PM	28) EXERCISE 10AM-10:30AM ARTS & CRAFT 11AM -12PM HAPPY HOLLOWEEN CELEBRATION 12PM -1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM BINGO 1PM	29) ARTS & CULTURE 11AM-12PM TOMMY FITNESS 1PM TECH 101 2:00 PM-3:00 PM TELL IT LIKE IT IS/LEISURE 1PM -2PM GAMES 9AM-5PM	30) EXERCISE 10AM -10:30AM ARTS & CRAFT 11AM -12PM BIRTHDAY CELEBRATION 12PM-1PM MUSICAL ED 1PM-3PM

BY WAYSIDE OUTREACH DEVELOPMENT, INC. FUNDED BY NYC AGING
THANK YOU FOR YOUR VOLUNTARILY CONTRIBUTION ITS'S HELPS ENHANCE THE PROGRAM
(DECORATION, TRIPS, GIFTS)

BREAKFAST 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
			1) EGG WHITE OMELETTE W/PEPPERS AND ONIONS OATMEALS APPLE WHEAT BREAD	2) HOME FRIES HOMEMADE FISH CAKE W.W BREAD CANTALOUPE
5) GRILLED CHEESE OATMEAL CANNED PINEAPPLE	6) CHEERIOS W.W CINNAMON PANCAKE HONEYDEW	7) BRAN FLAKES CEREAL SCRAMBLED EGGS WITH SWISS, VEGGIE SAUSAGE PATTY BANANA	8) BAKED EGG OMELETTE SPICED SWEET POTATOES WHEAT BREAD FROZEN MIXED BERRIES	9) BREADED CHICKEN CUTLET OATMEAL / WW WAFFLES ORANGE
12) CHEERIOS WHEAT GRAIN CORN MUFFIN APPLE	13) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	14) OMELETTE W/SPINACH & PARMESAN CHEESE CANTOLOUPE	15) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT	16)HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES
19) CHEERIOS WHEAT GRAIN CORN MUFFIN APPLE	20) BLUEBERRY PANCAKES BRAN FLAKES CEREAL COTTAGE CHEESE BANANA	21) OMELETTE W/SPINACH & PARMESAN CHEESE CANTOLOUPE	22) CINNAMON WHEAT FRENCH TOAST OATS WITH FRUIT ORANGE YOGURT	23)HOME FRIES WHEAT BREAD CHICKEN LIVERS FRESH APPLES
26) CHEESY GRITS W/W ENGLISH MUUFIN PIZZA ORANGE	27)BANANA WHEAT FRENCH TOAST OATMEAL CANNED PINEAPPLE	28) HOME FRIES SALMON CAKE BANANA YOGURT	29) OMELETTE W/PEPPERS &ONIONS APPLESAUCCCE	30) OATMEAL GRILLED CHEESE CANTALOUPE

Lunch 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
			1) CHEESBURGER DELUXE SAUTEED GREEN / PEPPER & ONIONS BAKED FRIES GREEN BEANS CANTALOUPE	2) SALMON CAKE RICE AND BEANS ORIENTAL BLEND VEGGIE CANNED SLICE PEACHES
5) STEW CHICKEN RICE WITH PIGEON PEAS WW BREAD STEAMED COLLARD GREENS ORANGE	6 LASAGNA ROLLS W/CREAMY TOFU BEETS & BABY CARROTS W/ DILL APPLE	7) STEW PORK CHOPS BABY CARROTS & PARSLEY MASHED POTATOES ORANGE	8) PORK SPARE RIBS YELLOW RICE CABBAGE AND APPLE SLAW APPLE	9) FISH W/CREOLE SAUCE BAKED VEGETABLE ALFREDO PASTA SAUCE MIXED GREEN SALAD NECTARINE
12) STEWED CHICKEN BREAST RICE WITH PIGEON PEAS STEAMED COLLARD GREENS WHEAT BREAD ORANGE	13) VEGAN WHEAT SPAGHETTI WITH TOFU RICOTTA STEAMED ZUCCHINI BANANA	14) PORK SPARE RIBS BAKED POTATO CABBAGE AND APPLE SLAW APPLE	15) BAKED TURKEY WINGS BAKED MACARONI AND CHEESE STEAMED CARROTS ORANGE	16) BAKED FISH MASHED POTATOEES BRUSSELS SPROUTS CANTALOUPE.
19) BBQ CHICKEN BREAST BROWN RICE W/KIDNEY BEANS CALIFORNIA BLEND BANANA	20) BLACK BEAN & VEGGIE BURGERS BAKED FRIES STEAMED BROCCOLI APPLE	21) PEPPER STEAK BAKED POTATO GREEN BEANS CANTALOUPE	22) TURKEY /GRAVY CARROTS SALAD MASHED SEWEET POTATOES ORANGE	23) BAKED SALMON YELLOW RICE ORIENTAL BLEND VEGETABLES CANNED SLICED PEACHES
26) BAKED CHICKEN QUARTER LEGS BROWN RICE BEETS AND BABY CARROTS ORANGE	27)EGGPLANT PARMESAN W/ CREAMY CASHEW RICOTTA KALE W/TOAMTO PATATO SALAD APPLE	28)TUNA SALAD WITH EGGS MACARONI SALAD CUCUMBER & TOMATO SALAD BANANA	29)BAKED ZITI WITH CHEESE CABBAGE SALAD W/BERRIES CANTALOUPE	30) OVEN FRIED FISH BROWN RICE MIXED VEGESTABLE APPLE

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MENU SUBJECT TO CHANGE