

Rosetta Gaston OAC

NOVEMBER 2026

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Ms. Plummer, Program Director, Mrs. Ramos Program Assistant.

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

Monday	Tuesday	Wednesday	Thursday	Friday
2)ARTS &CRAFT 11AM -12PM FALL DETECTION DEVICE PRESENTATION 1PM-2PM TOMMY FITNESS 1PM-2PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM	3)ARTS & CULTURE 11AM -12PM SCAM ALERT PRESENTATION 11:30 AM -12PM  TELL IT LIKE IT IS 1PM -2PM GAMES, 9AM-5PM 	4) DOMINO TOURNAMENT 10:30AM-11:30AM HEALTH PRESENTATION 12:30PM -2PM EXEXCISE 10AM-10:30AM ARTS & CRAFT 11AM 	5)ARTS & CULTURE 11AM -12PM MOVIES 1PM-2PM TOMMY FITNESS 1PM TELL IT LIKE IT IS 1PM -2PM GAMES, BI 	6) ARTS &CRAFT 11AM -12PM HEALTH PRESENTATION 10:30 AM 12:30PM KAROAKE 12 PM-1PM MUSICAL ED 1PM-3PM GAMES 9AM-5PM 
9)ARTS &CRAFT 11AM -12PM GARDENING 11-AM-12PM  TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM	10) CAKE SALE 10 AM -1PM  ARTS& CULTURE 11AM -12PM SOAP MAKING 1:30 -UNTIL  GAMES, 9AM-5PM	11) AARP 9AM -4PM EXEXCISE 10AM-10:30AM ARTS & CRAFT 11AM VETERANS DAY CELEBRATION 12PM- 1PM 	12) ARTS & CRAFT 11AM -12PM BINGO 1-2  TOMMY FITNESS 1PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM	13) ARTS & CRAFT 11AM -12PM MEDICAID PRESENTATION 10:30-12:30 PM POOL TOURNAMENT 1-2  SELF DIRECT AHA (BLOOD PRESSURE) 1PM MUSICAL ED 1PM-3PM
16ARTS &CRAFT 11AM -12PM POOL TOURNAMENT 3-4  TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-1:30 PM	17ARTS&CULTURE 11AM-12PM DOMINO ROUND 3 MOVIES 1PM-2PM GAMES 9AM-5PM 	18) WALMART 10-12PM  EXEXCISE 10AM-10:30AM ARTS & CRAFT 11AM	19) ARTS& CULTURE 11AM-12PM SIP & PAINT 1PM 2PM  TOMMY FITNESS 1PM TELL IT LIKE IT IS 1PM -2PM GAMES 9AM-5PM	20) ARTS & CRAFTS HEALTH FIRST NEW PATIENT 10 AM 12 PM BOWLING 10-2PM  MUSICAL ED 1PM-3PM GAMES 9AM-5PM BASKETBALL BALL GAME 7:30 PM EVENING
23) ARTS & CRAFT 11AM -12PM FAN-FOOD 10 AM – 3PM  11:30-UNTIL TOMMY FITNESS 1PM SELF DIRECT AHA (BLOOD PRESSURE) 1PM-	24)ARTS&CULTURE 11AM-12PM GOLDEN BINGO 1PM-2PM  GAMES 9AM-5PM	25) EXEXCISE 10AM-10:30AM ARTS & CRAFT 11AM  12PM-2PM KAROKE 2PM-3PM	**Center closed** 	**Center closed**
30) HEALTH FIRST 10AM -12PM ARTS&CRAFTS 11AM-12PM VOLUNTER DAY 12PM-1PM 				

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THANK YOU FOR YOUR VOLUNTARILY CONTRIBUTION ITS'S HELPS ENHANCE THE PROGAM
(DECORATION, TRIPS, GIFTS)

BREAKFAST 1% Milk & Whole wheat bread **MENU SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
2) CHEESY GRITS TUNA-CAKE WHEAT BREAD PEAR	3) APPLE PANCAKES BRAN-FLAKES CEREAL BOILED EGGS BLUEBERRIES	4) TOMATO RICE SOUP W/W GRILLED CHEESE CANTALOUPE	5) W/W ENGLISH MUFFIN TURKEY SAUSAGEPARTY SCRAMBLED EGGS WITH RED PEPPERS & ONIONS CANTALOUPE GRAPE JELLY	6) GRITS SAUTEED CHICKEN LIVER WITH ONIONS W/W BREAD CANNED PINEAPPLE
9) CINNAMON W/W FRENCH TOAST OATMEAL BANANA PEANUT BUTTER	10) PLAIN MINI BAGEL RAISIN BRAN CEREAL VEGGIE SAUSAGE PATTY CANTALOUPE CREAM CHEESE	11)BANANA FRENCH TOAST*CASSEROLE WITH-WHEAT BREAD CREAM OF WHEAT BLUBERRIES	12)SCRAMBLE EGGS WHOLE-WHEAT BURRITOS WITH TURKEY BAKED APPLE	13)HOME FRIES HOMEMADE-FISH CAKE WHEAT BREAD CANTALOUPE
16) TOMATO RICE SOUP W/W GRILLED CHEESE CANNED PINEAPPLE	17) CHEESE EGG BITES BRAN-FLAKES CEREAL WHEAT-ENGLISH MUFFIN BANANA	18) CHEERIOS VEGGIE SAUSAGE PATTY WHEAT CINNAMON PANCAKES CANTALOUPE	19) EGG FRITTATA W/POTATOES AND PEAS WHEAT BREAD FROZEN-MIXED BLUEBERRIES PLAIN YOGURT	20) BAKED BREADED CHICKEN CUTLET CHEERIOS HOMEMADE WAFFLES ORANGE
23)CHEERIOS CHEESY GRITS SALMON CAKES APPLE	24)BLUEBERRY PANCAKES BRAN-FLAKES CEREAL HOMEMADE TURKEY SAUSAGE PATTY	25)CREAMY-APPLE RAISIN OATMEAL PLAIN MINI BAGEL ORANGE CREAM CHEESE	26)CENTER CLOSED 	27)CENTER CLOSED
30) GRITS WHEAT ENGLISH MUFFIN PIZZA ORANGE				

Lunch 1% Milk & Whole wheat bread

Monday	Tuesday	Wednesday	Thursday	Friday
2)TERIYAKI-CHICKEN LEGS WHITE RICE CABBAGE-CARROTS SLAW CANTALOUPE	3)SMOKEY-BLACK BEAN AND SWEET POTATO CHILI CORNBREAD BEETS-AND-BABY CARROTS-WITH DILL APPLE	4)BAKED-CHICKEN QUARTERS RICE WITH PIGEON PEAS MIXED-GREEN SALAD WITH DRESSING ORANGE	5)SMOTHERED PORK CHOPS GREEN BEAN SALAD MASHED-SWEET POTATOES BANANA	6)PINEAPPLE GLAZED SALMON BROWN RICE CARROTS-RAISIN SALAD CANNED PINEAPPLE
9) CHICKEN NOODLES SOUP WHEAT DINNER ROLL CUCUMBER AND CHICKPEA SALAD ORANGE	10)RASTA PASTA TOFU WHEAT BREAD STEAMED CABBAGE WITGH SOY SAUCE APPLE	11)BAKE-FISH-W/ LEMON-GARLIC BUTTER SAUCE GARDEN-SALAD GARLIC-AND ROSEMARYROASTED POTATOES SLICED PEACHES	12)DELUXE CHEESBURGER W/ ONIONS HAMBURGER BUN BAKED FRIES ITALIAN CUT GREEN BEANS CANTALOUPE	13)BBQ CHICKEN BAKED MACORONI AND CHEESE CALIFORNIA BLEND VEGESTABLES BANANA
16)PORK SPARE RIBS CABBAGE-AND-APPLE SLAW MASHED-SWEET POTATOES BLUBERRIES	17)CLASSIC MINESTRONE SOUP GARDEN SALAD DINNER ROLLS APPLE	18)CHILI CON CARNE BROWN RICE CUCUMBER-AND TOMATO--SALAD WITH-BALSAMIC VINAIGRETTE ORANGE	19)CURRIED CHICKEN RICE-WITH PIGEON PEAS MIXED-GREEN SALAD BANANA	20)FISH-WITH CREOLE SAURCE EGG NOODLES STEAMED BROCCOLI CANTALOUPE
23)BROWN-STEW CHICKEN BROWN-RICE-WITH KIDNEY BEANS STEAMED-COLLARD GREENS	24)SESAME-GINGER BEAN-AND MUSHROOM MEATBALLS PENNE BROCCOLI AND RED PEPPER BANANA	25)BAKED BREADED FISH TARTAR SAUCE COLE SLAW GARLIC-AND ROSEMARY ROASTED POTATOES CANTALOUPE	26) CENTER CLOSED 	27)CENTER CLOSED
30) BAKED CHICKEN YELLOW RICE CALIFORNIA -BLEND VEGETABLES BANANA				

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