# Senior Center Activities
# OCTOBER 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **Senior Center Hours: M-F 9:00am-1:00pm**<br>Call 916-927-1303 for more information!<br>Stanford Settlement Neighborhood Center<br>450 W. El Camino Ave. Sacramento, CA 95833 | | | | 1<br>10:00 AM<br>BINGO<br>10:30 AM<br>LEAF PAINTING | 2<br>10:00 AM<br>STANFORD STEPPERS<br>10:30 AM<br>NAME GAME | 3<br>CLOSED |
| 4<br>CLOSED | 5<br>10:00 AM<br>BINGO<br>12:00 PM<br>WORD GAME | 6 HICAP<br>10:00 AM<br>SHOPPING TRIP<br>FOODS CO<br>12:00 PM<br>SENIORCISE<br>*Grocery Bags (September)* | 7<br>10:00 AM<br>STANFORD STEPPERS<br>10:30 AM<br>WORD GAME | 8<br>10:00 AM<br>BINGO<br>12:00 PM<br>WORD SEARCH | 9<br>10:00 AM<br>HALLOWEEN PIPE CLEANER CRAFT<br>10:30 AM<br>HEAD SHOULDER KNEES & CONES | 10<br>CLOSED |
| 11<br>CLOSED | 12<br>10:00 AM<br>BINGO<br>12:00 PM<br>WORD GAME | 13 HICAP<br>10:00 AM<br>GUESS WHO?<br>10:30 AM<br>SUGAR SKULL ART | 14<br>10:00 AM<br>STANFORD STEPPERS<br>10:30 AM<br>WORD GAME<br>*Mini Grocery Bag* | 15<br>10:00 AM<br>SHOPPING TRIP<br>WALMART (REED)<br>10:00 AM<br>BINGO | 16<br>10:00 AM<br>YOU BE THE JUDGE GAME<br>12:00 PM<br>CHAIR VOLLEYBALL<br>*Breakfast provided by Sac Vineyard Church* | 17<br>CLOSED |
| 18<br>CLOSED | 19<br>10:00 AM<br>BINGO<br>12:00 PM<br>WORD GAME | 20 HICAP<br>10:00 AM<br>PICTIONARY<br>10:30 AM<br>PAINT & SIP<br>*Legal Clinic* | 21<br>10:00 AM<br>STANFORD STEPPERS<br>10:30 AM<br>WORD GAME | 22<br>10:00 AM<br>SHOPPING TRIP<br>GOODWILL/DOLLAR TREE<br>10:00 AM<br>BINGO | 23<br>10:00 AM<br>JAM SESSION/ NAME THAT SONG<br>11:15 AM<br>OCTOBER BIRTHDAY CELEBRATION | 24<br>CLOSED |
| 25<br>CLOSED | 26<br>10:00 AM<br>BINGO<br>12:00 PM<br>WORD GAME | 27 HICAP<br>10:00 AM<br>SENIORCISE<br>10:30 AM<br>TELESTRATIONS<br>*Grocery Bags (October)* | 28<br>10:00 AM<br>STANFORD STEPPERS<br>10:30 AM<br>NAME GAME | 29<br>10:00 AM<br>SHOPPING TRIP<br>VIVA<br>10:00 AM<br>BINGO | 30<br>10:00 AM<br>HALLOWEEN PARTY (COSTUME CONTEST!) | |

For Meals on Wheels lunch reservations, please call us at 916-927-1303.
Lunch is served daily at 11:30 a.m.

# OCTOBER 2026

## MEALS on WHEELS® SACRAMENTO COUNTY

*Menu subject to change without notice.* For menu translations and nutritional information, visit **www.mowsac.org**

**QUESTIONS? PLEASE CALL:**
**(916) 444-9533**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | **1**<br>**Chicken Cheese Tamale**<br>with Brown Rice<br>Beans & Corn<br>100 % fruit juice | **2**<br>**Cheeseburger Slider**<br>Whole Wheat Bun<br>Sweet Potatoes<br>Fresh Orange<br>1% Milk |
| **5**<br>**Creamy Mushroom Chicken**<br>with Brown Rice<br>Green Beans<br>Applesauce<br>1% Milk | **6**<br>**Veggie & Cheese Omelet**<br>with Bell Peppers & Onions<br>Oat Cluster<br>Hash browns<br>Mandarin Oranges<br>1% Milk | **7**<br>**Broccoli Beef**<br>Brown Rice,<br>Peas & Carrots<br>Fresh Pear<br>1% Milk | **8**<br>**Southwest Chicken Bowl**<br>with Wild Rice, Beans,<br>Corn & Green Chilies<br>Provolone & Mozzarella Cheese<br>Salsa<br>100% fruit juice | **9**<br>**BBQ Chicken**<br>with Yellow Corn<br>Sweet Potatoes<br>Whole Grain Bread Slice<br>Fresh Orange<br>1% Milk |
| **12**<br>**Fish Sticks**<br>with Brown Rice,<br>Broccoli & Carrots<br>Mandarin Oranges<br>1% Milk | **13**<br>**Country Fried Steak**<br>Mashed Potatoes with Gravy<br>Carrots<br>While Grain Bread Slice<br>Applesauce<br>1% Milk | **14**<br>**Whole Wheat Pancake**<br>with Syrup, Hash browns<br>Turkey Link<br>Fresh Orange<br>1% Milk | **15**<br>**Cheese Quesadilla**<br>Wild Rice<br>Black & White Beans,<br>Corn & Onion<br>100% fruit juice | **16**<br>**Spaghetti & Meatballs**<br>Marinara<br>Vegetable Blend<br>Fresh Pear<br>1% Milk |
| **19**<br>**Philly Cheese Steak Sliders**<br>on Whole Wheat Bun with<br>Bell Peppers, Onions & Cheese<br>Fresh Orange<br>1% Milk | **20**<br>**Beef Taquitos**<br>with Brown Rice<br>Beans & Corn<br>Sour Cream<br>Pear<br>1% Milk<br>*NEW ITEM!* | **21**<br>**Curry Chicken**<br>with Brown Rice,<br>Green Beans<br>Applesauce<br>1% Milk | **22**<br>**Cheese Ravioli**<br>with Basil Pesto<br>Beans, Carrots, Olives & Peppers<br>Whole Grain Bread Slice<br>100% fruit juice | **23**<br>**English Muffin Sandwich**<br>Whole Wheat English Muffin<br>with Egg & Turkey Patty<br>Hash browns<br>Mandarin Oranges<br>1% Milk |
| **26**<br>**French Toast Sticks**<br>Eggs<br>Hashbrowns<br>Applesauce<br>1% Milk | **27**<br>**Beef Stroganoff**<br>with Whole Wheat Pasta<br>Steamed Peas & Carrots<br>Fresh Pear<br>1% Milk | **28**<br>**Teriyaki Chicken**<br>with Brown Rice<br>Streamed Broccoli & Carrots<br>Mandarin Oranges<br>1% Milk | **29**<br>**Chicken Cheese Tamale**<br>with Brown Rice<br>Beans & Corn<br>100 % fruit juice | **30**<br>**Cheeseburger Slider**<br>Whole Wheat Bun<br>Sweet Potatoes<br>Fresh Orange<br>1% Milk |

**ALLERGEN NOTICE:** Prepared in a facility that processes common allergens. Please check ingredient list on meal for details. **VEGETARIAN :** **SHELLFISH:** **FISH OIL:** **WHEAT:**