

Monday	Tuesday	Wednesday	Thursday	Friday
    October Connection				
			 2 10am Fit & Talk Walk to Arcadia Park 11:30am Lunch Breast Cancer Awareness Month Sukiyaki beef bowl, vegetables, rice, milk & dessert  12:30pm Karaoke	 2 11:30am Lunch Pumpkin Spice Day Tomato fish fillet, pork fried rice, vegetables, juice & fruit
 5 11:30am Lunch Broccoli chicken, BBQ pork, vegetables, rice, juice & dessert Table Tennis 8am-12pm 1:30pm Monday Dance Nightlife	 6 11:30am Lunch Chicken & beef taco, rice, beans, salsa, milk & fruit  12:30pm Movie Practical Magic 6pm Seminar USC Arcadia - Girl Talk	 7 11:30am Lunch Honey walnut shrimp, omelet w/ turnips, vegetables, rice, soup & dessert	 8 8:30am Cultural Day Camp 10am Fit & Talk Chair Kickboxing 11:30am Lunch Creamy chicken pasta, salt & pepper shrimp, celery & baby carrot dip, milk & fruit	 9 11:30am Lunch Atlantic salmon, eggplant tofu, vegetables, rice, juice & dessert
 12 11:30am Lunch Beef noodles, lemon grass pork chop vegetables, milk & fruit	 13 10am Blood Pressure 11:30am Lunch Birthday Celebration Chicken fajita, rice, beans, chips, salsa, juice & dessert 12:30pm Movie Shape of Water 	14 11:30am Lunch Teriyaki Chicken bowl, vegetables, rice, soup & fruit	 15 10am Fit & Talk Tai Chi 11:30am Lunch Fish fillet w/ black bean sauce, steamed egg, vegetables, rice, milk & dessert 11am Taste the Town Din Tai Fung	16 No lunch No Table Tennis 10am Pumpkin Patch Bingo 
 19 11:30am Lunch Soy sauce chicken, shrimp w/ corn vegetables, rice, milk & fruit Table Tennis 8am-12pm 1:30pm Monday Dance Gerry Rothschild 	 20 9am Coffee with the Mayor 10am HICAP 11:30am Lunch Fish Taco, rice, beans, salsa, juice & dessert  12:30pm Movie Jurassic World Rebirth	21 11:30am Lunch Stir fried rice vermicelli with kabocha squash, pork ribs, vegetables, soup & fruit 6pm Health Education Series Breast Cancer Awareness	 22 10am Fit & Talk Chair Zumba 11:30am Lunch Braised fried pork chop rice bowl, marinated egg, vegetables, milk & dessert  12:30pm Karaoke	23 No Table Tennis 10am NLSLA 10am Traveler's Meeting 11:30am Lunch Fish outlet, garlic bread, coleslaw, juice & fruit 4pm Tech Talk
 26 11:30am Lunch Hainan chicken, eggroll, pickle vegetables, rice, milk & fruit 12:30pm Seminar LA County - Public Health 101	 27 11:30am Lunch Pork birra, rice, beans, chips, salsa, juice & dessert 12:30pm Seminar USC Arcadia - Holiday Cooking Demo 2pm Movie Beetlejuice	28 11:30am Lunch Steamed meat patty, shrimp w/ tofu vegetables, rice, soup & fruit	 29 10am Fit & Talk Standing Full Workout 11:30am Lunch Ham & cheese sandwiches, sweet potato fries, salad, milk & dessert	30 No Lunch No Table Tennis 11:30am Monster Mash 4pm Tech Talk 