

Ossining Senior Services

September 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	11:30am SENIOR BBQ & BINGO @ RYDER PARK	10-11am CHAIR YOGA 12:00pm LUNCH MEATLOAF	10:30-11:30am LINE DANCING 12:00pm LUNCH BBQ BAKED CHICKEN THIGHS 12:30pm SHOPRITE	12:00pm LUNCH BAKED FLOUNDER PICATTA
7	8	9	10	11
CLOSED LABOR DAY	12:00pm LUNCH EGGPLANT PARM	NO EXERCISE 12:00pm LUNCH BONELESS BREADED PORK CHOP	10:30-11:30am LINE DANCING 12:00pm LUNCH SOLE FLORENTINE 12:30pm SHOPRITE	12:00pm LUNCH BEEF BRISKET
14	15	16	17	18
11:30a-12:30p STAY STRONG 12:00pm LUNCH STUFFED PEPPERS 12:30pm BINGO	12:00pm LUNCH ORANGE GINGER CHICKEN	10-11am CHAIR YOGA 12:00pm LUNCH STUFFED SHELLS	10:30-11:30am LINE DANCING 12:00pm LUNCH BAKED SALMON 12:30pm SHOPRITE	12:00pm LUNCH TURKEY BURGER
21	22	23	24	25
12:00pm LUNCH CRISPY BAKED FISH 12:30pm BINGO	11:30am-12:30pm SALSA w/ ERICA 12:00pm LUNCH TURKEY & BEAN CHILI	10-11am CHAIR YOGA 12:00pm LUNCH PORK CUTLET PICATTA	10:30-11:30am LINE DANCING 12:00pm LUNCH ROASTED BBQ CHICKEN 12:30pm SHOPRITE	12:00pm LUNCH SPAGHETTI & MEATBALLS
28	29	30		
12:00pm LUNCH ITALIAN CHICKEN SAUSAGE 12:30pm BINGO	10am-12pm FLU SHOTS 12:00pm LUNCH BEEF SAUERBRATEN	10-11am CHAIR YOGA 12:00pm LUNCH BAKED FLOUNDER OREGANATA	*MENU SUBJECT TO CHANGE *If you have a FOOD ALLERGY, please inform the Nutrition Program Manager	