

# October 2026 Events & Lunch Calendar

Every day: Socialization 9:45am-10:15am, Exercise at 10:15am-11:00am, Program at 11:15am-12:15am, Lunch at 12:15pm-1:00pm

|                                                                                                         |                                                                                               |                                                                                                          |                                                                                 |
|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
|                                                                                                         |                                                                                               |                                                                                                          | <b>Thurs, October 1</b>                                                         |
|                                                                                                         |                                                                                               |                                                                                                          | <b>Mental Aerobics!</b>                                                         |
|                                                                                                         |                                                                                               |                                                                                                          | Waffles, Scrambled Eggs, Tomato Salad                                           |
| <b>Mon, October 5</b>                                                                                   | <b>Tues, October 6</b>                                                                        | <b>Wed, October 7</b>                                                                                    | <b>Thurs, October 8</b>                                                         |
| <b>Jimmy Scalia with 'Songwriters &amp; Singers of the Brill Building'</b>                              | <b>Give Me Some of That Rock 'n Roll Music! with Vocalist/Musician Tom Langmaack</b>          | <b>Lecturer/Pianist Clint Edwards on Master of American Music: Johnny Cash</b>                           | <b>Safe Computing with Mr. Tech (aka Eugene Oppido)</b>                         |
| Quiche, Beet Salad                                                                                      | Pasta w/Peas & Mushrooms, Green Salad                                                         | Cod Puttanesca, Rice, Green Bean Salad                                                                   | Fried Chicken Salad Wraps, SouthWest Macaroni Salad                             |
| <b>Mon, October 12</b>                                                                                  | <b>Tues, October 13</b>                                                                       | <b>Wed, October 14</b>                                                                                   | <b>Thurs, October 15</b>                                                        |
| <b>No Program in Observance of Columbus Day/Indigenous Peoples' Day</b>                                 | <b>Entertainment Historian John Kenrick with The Phantom of the Opera: Music of the Night</b> | <b>Maestro Robert Butts Presents America 250: What Might People Have Listened to in the 1770s/1780s?</b> | <b>Improv with Wendy Connolly of Contagious Laughter Improv Troupe</b>          |
|                                                                                                         | Salmon, Baby Potatoes, Cucumber Salad                                                         | Bean & Cheese Quesadilla, Tomato & Corn Salad                                                            | Eggplant Parm, Garlic Rolls, Green Salad                                        |
| <b>Mon, October 19</b>                                                                                  | <b>Tues, October 20</b>                                                                       | <b>Wed, October 21</b>                                                                                   | <b>Thurs, October 22</b>                                                        |
| <b>"The Seventy Shuls: Synagogue Life &amp; Yiddishkeit" with Author Josh Cutler (Author in person)</b> | <b>The History of US Presidential Elections &amp; New Jersey with Brian Armstrong</b>         | <b>Maggie Griffin-Smith with Songs of the Silver Screen-Fall Birthday Celebration</b>                    | <b>Trip- New Musical A Beat of Our Own at the McCarter Theater in Princeton</b> |
| Turkey-Avocado Wrap, Chips, Mushroom Barley Soup                                                        | Cod w/Sundried Tomatoes, Rice, Green Salad                                                    | Lasagna Rolls, Spinach Salad                                                                             | <b>NO LUNCH-TRIP</b>                                                            |
| <b>Mon, October 26</b>                                                                                  | <b>Tues, October 27</b>                                                                       | <b>Wed, October 28</b>                                                                                   | <b>Thurs, October 29</b>                                                        |
| <b>Documentary from Rocky Mountain Women's Film Festival</b>                                            | <b>Lecturer Kevin Woyce on Halloween: A Haunted History</b>                                   | <b>Butterflies &amp; Moths with Somerset County Naturalist</b>                                           | <b>Join the Conversation with our Favorite Librarian, Debbie Abrams</b>         |
| Flat Bread Pizza, Green Salad, Lentil Soup                                                              | Beef Burger, Lettuce, Tomato, Pickle, Farro Tabouleh Salad                                    | Pesto Salmon, White Beans with Kale, Tomato Salad                                                        | Frittata, Tater Tots, Health Salad                                              |