

School of the Arts Counseling Department (Grades 10-12)

NEWSLETTER- October 2025

COLLEGE APPLICATION PROCESS

- ❖ Counselors will be meeting with seniors starting in the next couple of weeks to review graduation requirements, transcripts, and discuss plans for after graduation.

College Research Websites:

- **SchoolLinks- Access through your RoConnect Dashboard**
- **College Board Big Future:** <https://bigfuture.collegeboard.org/>
- **State University of New York (SUNY):** www.suny.edu

College Application Process:

<https://docs.google.com/document/d/13Z0C4yALRY406AijqMEV7bhdqcx4JpDfjNkizh7Qq8/edit?usp=sharing>

- ❖ **Create a Common Application account:** www.commonapp.org and remember to write down your username and password to access in the fall
- ❖ **Please add ALL colleges you are applying to in your SchoolLinks account..** This is how we will send transcripts, school reports, and letters of recommendation. You can access SchoolLinks through your ROConnect dashboard on your Chromebook. Please see our **College Application Process** document for more information-
<https://www.rcsdk12.org/cms/lib/NY01001156/Centricity/Domain/5271/College%20Application%20Process%20for%20Seniors.pdf>.

Rochester Education Foundation: <http://rochestercan.org/>. For help with college/ financial aid related questions and FAFSA information.

RCSD College Ready Resource Page: <https://www.rcsdk12.org/Page/55421>

NEW YORK STATE HESC (Higher Education Services Corporation):

<https://www.hesc.ny.gov/>

FAFSA (Free Application for Federal Student Aid)- Online form available October 2025-

<https://studentaid.gov/h/apply-for-aid/fafsa>

SUNY (State University of New York) UPDATES: www.suny.edu

REF

CITY-WIDE FAFSA FEST



Saturday, October 18th
10:30 am -12:30 pm

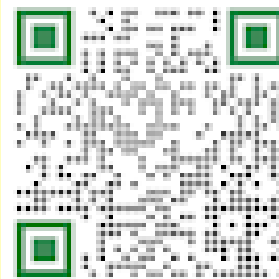


Rochester Central Library
115 South Ave,
Rochester, NY 14604



- FAFSA help
- Financial aid Info

SIGN UP! IT'S FREE!



www.rochestereducation.org

Any Questions?



(585) 910-2675



SUNY FREE APPLICATION WEEK- October 20 to November 3

APPLY TO SUNY FOR **FREE**

Oct. 20 - Nov. 3

Apply to up to **5 SUNY campuses**
with no application fee.



suny.edu/apply



SAT/ ACT UPDATES

SAT SCHOOL DAY- Tuesday, October 21:

- 12th graders will take the SAT
- No registration or payment necessary

PSAT SCHOOL DAY- Wednesday, October 22:

- 10th and 11th graders will take the PSAT
- No registration or payment necessary

Weekend Test Administrations:



SAT Dates and Deadlines

Fall 2025

SAT Test Date	Registration Deadline	Late Registration Deadline
August 23	August 8	August 12
NEW September 13	August 29	September 2
October 4	September 19	September 23
November 8	October 24	October 28
December 6	November 21	November 25

Fee Waivers- Please see your counselor if you think you may qualify for an SAT or ACT fee waiver.

SAT Test Day Reminders- Arrive at your testing site on time, bring your Admission Ticket, photo ID, a calculator, #2 pencils, and any drink/snack you would like. You will not be admitted without your Admission Ticket and Photo ID.

ACT NATIONAL
2025-26 TEST DATES & DEADLINES

ACT National Test Date	Regular Registration Deadline
September 6, 2025	August 1, 2025
October 18, 2025	September 12, 2025
December 13, 2025	November 7, 2025
February 14, 2026	January 9, 2026
April 11, 2026	March 6, 2026
June 13, 2026	May 8, 2026
July 11, 2026*	June 5, 2026

*No test centers scheduled in New York for July test date

COLLEGE VISITS @ SOTA

- ❖ **SOTA will host visits with College Admissions Representatives on Tuesdays and Thursdays.** We have College Admissions Representatives from the schools list below coming to SOTA. If you are interested in meeting with any of these colleges, please register through your **SchoolLinks** account, which can be found on your RoConnect dashboard. Once you are on your SchoolLinks account, go to the tabs on the left side of the screen, click on "School", then "Events". Here you will find a list of all the colleges signed up to visit SOTA and you can register to attend. All visits will be in the Ensemble Theatre unless otherwise noted.

COLLEGE OPEN HOUSES/ COLLEGE FAIRS

- ❖ **SUNY Campus Visit Opportunities-** suny.edu/visit
- ❖ **SUNY Virtual Events/ Information Sessions-** suny.edu/studentevents
- ❖ **SUNY Fredonia Open House Events-** October 18, November 8, April 25- <https://www.fredonia.edu/admissions-aid/visit-tour>
- ❖ **St. Bonaventure University- Discovery Days** (October 10- Education, October 17- Health Professions, November 7- Communication), **Open House** (October 25, November 11, November 22, December 6)- www.sbu.edu/visit
- ❖ **Le Moyne University Open House Events-** October 19, November 2- <https://www.lemoyne.edu/admission-financial-aid/visit-us/events-tours/>
- ❖ **Ithaca College Open House Events-** November 11- <https://www.ithaca.edu/admission/visit-ithaca-college/open-houses>
- ❖ **Yale Virtual Information Sessions-** <https://admissions.yale.edu/virtual-events>
- ❖ **University of Rochester Open House Events-** October 18 and November 10. <https://admissions.rochester.edu/visit/research-rochester/>
- ❖ **Nazareth University Open Houses-** October 25 https://apply.naz.edu/register/2025_OH1 and November 11 https://apply.naz.edu/register/2025_OH2
- ❖ **Rochester Institute of Technology Open House Events-** October 25, and November 8- <https://www.rit.edu/admissions/open-house>
- ❖ **St. John Fisher University Open House Events-** October 18, November 22, January 24- <https://www.sjf.edu/admissions-aid/first-year-admissions/visit-opportunities/>
- ❖ **Monroe Community College Open House-** October 18- <https://www.monroecc.edu/events/mcc-open-house/>
- ❖ **Finger Lakes Community College Open House-** November 8 and November 11, Nursing Program Information Session- October 13- <https://www.flcc.edu/visit/>
- ❖ **University at Buffalo Open House-** October 18 and November 11- buffalo.edu/admissions/visit.
- ❖ **SUNY Potsdam Open House-** October 18 and November 8- potsdam.edu/visit
- ❖ **SUNY Niagara Open House-** November 6- sunyniagara.edu/oph
- ❖ **Niagara Falls Culinary Institute-** November 8- sunyniagara.edu/oph
- ❖ **Canisius University Open House-** November 8- canisius.edu/visit
- ❖ **SUNY Cortland Open House-** November 11- cortland.edu/visit
- ❖ **SUNY Canton Open House-** October 18, November 1, April 25- www.canton.edu/admissions/open_house.html

- ❖ **SUNY Morrisville Open House**- October 18 and November 8- morrisville.edu/open-house
- ❖ **SUNY Alfred State Open House**- October 18, November 9, March 22, April 11- <https://admissions.alfredstate.edu/portal/open-house>
- ❖ **SUNY Polytechnic Institute Open House**- October 25- <https://connect.sunypoly.edu/portal/openhouse>
- ❖ **SUNY Oswego Open House**- November 11- www.oswego.edu/visit
- ❖ **Fashion Institute of Technology Open House**- November 8 and November 9- <https://go.fitnyc.edu/portal/openhouse>

FALL EVENTS WITH SUNY



Register for a virtual information session at suny.edu/studentevents

HOW TO APPLY | 5:30 PM

.....

Thursday, September 18	Thursday, October 2	Thursday, October 23
Thursday, September 25	Thursday, October 9	Tuesday, October 28

DISCOVER SUNY | 5:30 PM

.....

Tuesday, September 16	Tuesday, October 7
Tuesday, September 23	Tuesday, October 14

FAFSA OVERVIEW | 6:00 PM

.....

Tuesday, September 23	Tuesday, October 21
Tuesday, October 7	Tuesday, October 28

EOP INFORMATION SESSION | 5:00 PM

.....

Wednesday, October 8	Thursday, November 6
Wednesday, October 22	Tuesday, November 18

Monroe Community College
Pre-Collegiate Programs

TRADES & COLLEGE FAIR



**LIBERTY
PARTNERSHIPS**
ESTABLISHED IN 1998 BY NYSED



Upward Bound Programs
MONROE COMMUNITY COLLEGE

9th-12th Grade

JUMPSTART YOUR FUTURE

November 4th
11 a.m. - 1 p.m.
(5th Floor FWD Center)
321 State St.
Rochester NY, 14608



RSVP

****LUNCH PROVIDED**** STAY FOR PRESENTATIONS
ON HOW2: COLLEGE ADMISSIONS, FINANCIAL
AID/FAFSA, EOP/HEOP, STUDENT LIFE, & MORE

WESTERN NEW YORK COLLEGE FAIR- Thursday, NOVEMBER 6th, 8:45 am @ SOTA:
All seniors invited to attend!

SUNY Alfred State, Alfred University, Bryant & Stratton College, SUNY Buffalo State, Canisius University, Daemen University, D'Youville University, Erie Community College, SUNY Fredonia, Genesee Community College, Hilbert College, Houghton College, Jamestown Community College, Niagara County Community College, Niagara University, St. Bonaventure University, Trocaire College, University at Buffalo, Villa Maria College

SCHOLARSHIPS

- **MANY OF THE SCHOLARSHIP APPLICATIONS CAN BE FOUND ON THE SOTA WEBSITE. Go to Counselor's Corner and click "Scholarship File Cabinet".**
- **Go to SchoolLinks through RoConnect to access more scholarships.**
- **Go to www.studentscholarships.org, www.fastweb.com, <https://www.goingmerry.com/> or www.racf.org/Scholarships/How-to-Apply-or-Renew to find more private scholarships you may be eligible for.**
- ❖ **University of Rochester- Rochester Promise Program-** For any senior accepted to the U of R under regular admission, planning to enroll full-time. You are NOT eligible for the scholarship if your parent qualifies for any U of R employer tuition waivers or if your household income is more than twice the Monroe County average (approximately \$150,000). Full tuition scholarship (does not include room and board).
<https://admissions.rochester.edu/national-and-international-partners/>
- ❖ **Rochester Institute of Technology Rochester Destler/Johnson City Scholars Program-** For any senior interested in attending RIT and is accepted under regular admission, meets the requirements, and has a household income under \$75,000/ year. Full tuition scholarship (does not include room and board). Must apply to RIT and submit FAFSA by January 15.
<https://www.rit.edu/aes/destlerjohnson-rochester-city-scholars>
- ❖ **Excelsior Scholarship-** For any senior interested in attending a SUNY or CUNY school and is accepted under regular admission, meets the requirements, and has a household income under \$100,000/ year. Full tuition scholarship (does not include room and board). Go to <https://www.hesc.ny.gov/pay-for-college/financial-aid/types-of-financial-aid/nys-grants-scholarships-awards/the-excelsior-scholarship.html> for more information and to apply.
- ❖ **St. John Fisher College- Fisher Urban Scholar Award-** \$40,000 over 4 years for first-year undergraduates from the RCSD that are accepted to St. John Fisher College. Students will also be eligible to receive additional merit aid and scholarships, including the Service Scholarship and First Generation Scholarship.
- ❖ **Nazareth University/ RCSD Direct Admission Program-** Any senior with a B average (80) or higher will be eligible for Direct Admissions to Nazareth and offered \$23,000/ annually. Seniors must apply to Nazareth through the Common Application.
<https://www2.naz.edu/admissions/rochester-city-school-district-naz>

- ❖ **Rochester Area Community Foundation (RACF) Scholarships**- RACF has many scholarships available, some specifically for RCSD seniors. Go to <https://www.racf.org/scholarships/search-for-scholarships/> to search for scholarships and apply. Go to scholarship file cabinet to access the RACF document listing of specific scholarships for RCSD students and criteria. **Application open December 1- February 28.**
- ❖ **College Board BIG FUTURE Scholarships**- This is a scholarship program for **JUNIORS** and **SENIORS**. Monthly scholarship winners are drawn when you complete steps. Go to <https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships?excmid=vt-00248> for more information and to get started.
- ❖ **University of Virginia Jefferson Scholars Program and Walentas Scholars Program**- For first generation college students that are interested in attending University of Virginia. Go to <https://www.jeffersonscholars.org/scholarships> for more information. Deadline to apply- December 1.

NEW SCHOLARSHIPS

- ❖ **Canisius University Visit and Apply Grant**- Visit the Canisius campus and apply by December 15th for a \$1,000 scholarship (renewable over 4 years).
- ❖ **Nazareth University Visit Grant**- Visit the Nazareth campus for a \$1,000 (non-renewable) grant.

PROGRAMS/ EVENTS/ SUMMER PROGRAMS

- ❖ **University of Rochester Pre-College Programs**- New program for students ages 13+ to explore subjects they may wish to pursue in college, taught by professors, supported by mentors. Currently offering courses in Biomedical Engineering, U.S. Healthcare, and Personalized Medicine. Go to <https://rochesteronline.precollegeprograms.org/> for more information and to apply.
- ❖ **Guided Pathway Support Program for Juniors and Seniors**- The program is a part of the Ron Brown Scholar Program. It is a free, online, African American college advising community-advising services, mentorship, accepts students all year. Go to <https://rbsgps.com/> for more information and to apply.
- ❖ **Young Entrepreneurs Academy 2026 @ Golisano Institute for Business & Entrepreneurship**- For students ages 11-18. Students develop ideas, write business plans, pitch their plans to a panel of investors for real funding, and their their own fully formed companies. Classes begin in January on Tuesdays from 4:00-7:00 pm through May. The cost is \$1,495 for the program. Go to https://yeausa.org/?utm_source=chatgpt.com . Deadline to apply- November 7.
- ❖ **EngineeringUp Program**-After school program for high school students. Students build a project of their own, create a webpage with videos. Working toward college and scholarship goals. No cost to students. Tuesdays and Thursdays, September 30-December 11, 4:00-6:00 pm. Go to <https://engineeringup.org/> for more information. To apply- <https://docs.google.com/forms/d/e/1FAIpQLSdpJhTa-OHw8v0KiT819GeCb8lR6xiYgc3HyGVS04uwnXI59w/viewform>
- ❖ **Project Level the Field**- A non-profit organization with one mission: make sure everybody has access to FREE high-quality college application resources regardless of their race, ethnicity, or financial background. They provide college application support, SAT test prep and tutoring. <https://projectlevelthefield.com/>



MONROE COMMUNITY COLLEGE

LIBERTY PARTNERSHIPS PROGRAM

Your Partner in Academic and Personal Success!

NOW RECRUITING 7TH-12TH GRADERS

- After-school tutoring
- On-site advisor to support you and advocate for you
- College and career exploration opportunities
- Summer enrichment program
- Parent and family support

scan to
enroll



 (585) 685-6011

 @mcclpp  facebook.com/MCCLPP



**LIBERTY
PARTNERSHIPS**
ESTABLISHED IN 1988 BY NYSED



**Monroe
Community
College**
STATE UNIVERSITY
OF NEW YORK



WE ARE YOUR DOL



A DIFFERENT KIND OF HIGHER EDUCATION

REGISTERED APPRENTICESHIPS



Benefits Include:

- **EARN \$\$ WHILE YOU LEARN** in a full-time job from day one
- Hands-on learning from experts
- Supplemental classroom instruction
- A nationally recognized credential upon completion
- Often no cost or debt!

Find Your Career Pathway
dol.ny.gov/apprenticeship



START YOUR FUTURE TODAY AT THE CENTER FOR WORKFORCE DEVELOPMENT



TRANSPORTATION

BUS AND HEAVY EQUIPMENT MAINTENANCE

18 weeks \ 118 hours

Work on steering, suspension, brake systems, engines, & electrical components

CDL CLASS-B

7 weeks \ 53 hours

Prepare for the Class-B road test in an entry-level driver training program



CONSTRUCTION

BUILDING MAINTENANCE

18 weeks \ 118 hours

Learn basic plumbing and electrical to drywall repair and HVAC maintenance

ELECTRICAL FOR CONSTRUCTION

18 weeks \ 121 hours

Gain skills to begin a career in residential or commercial electrical

HVAC/R

18 weeks \ 118 hours

Discover the basics of heating, ventilation, air conditioning and refrigeration

HEALTHCARE

DENTAL OFFICE ASSISTING

18 weeks \ 180 hours

Learn a variety of skills to prepare for dental office work and patient care

NURSE ASSISTING

18 weeks \ 138 hours

Gain essential experience and skills to provide safe, compassionate patient care as a nursing assistant.

PHLEBOTOMY

18 weeks \ 126 hours

Understand the theory and practice of safe and proper blood draws

REGISTERED DENTAL ASSISTING

Online \ Self-Paced

A NYS approved Dental Assisting program for individuals working in the field and seeking licensure.



SCHOLARSHIP & FUNDING OPPORTUNITIES AVAILABLE!



MANUFACTURING

INDUSTRIAL ELECTRICAL

18 weeks \ 118 hours

Discover the basics of industrial and mechanical power distribution

MACHINING FUNDAMENTALS

18 weeks \ 133 hours

Gain skills in manual machining and related instruction for apprenticeships

MANUFACTURING PROCESS TECHNOLOGY

18 weeks \ 118 hours

Learn all about the process technology industry, an in-demand, growing field

WELDING

18 weeks \ 118 hours

Explore and practice the most common processes of joining metal to metal



ADULT EDUCATION

FREE

HIGH SCHOOL EQUIVALENCY/GED

No-cost individualized instruction in preparation to earn a GED

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Learn and improve your English for work, school and life at no cost

ESOL COMMERCIAL DRIVER'S (CDL) PERMIT

Learn the information and skills to pass the CDL permit test

ESOL PARAPROFESSIONAL/SCHOOL AIDE

Learn about the public school system and prepare to assist in the classroom

YOUR FUTURE AWAITS AT THE CENTER FOR WORKFORCE DEVELOPMENT

Monroe 2-Orleans BOCES
Center for Workforce Development

WEMOCO CTE Center
3589 Big Ridge Road,
Spencerport, NY 14559

(585) 349-9000

CWDinfo@monroe2boces.org

The CWD Advantage

- Earn while you learn with a schedule that allows for work and class
- Be supported from enrollment to employment
- Work on employability skills such as building resumes and interviewing
- Network and connect with potential employers for in-demand jobs

Get started
today!



www.monroe2boces.org/cwd



@BOCES2CWD

ROC Your Job

Youth Employment Event

**Why wait until the summer to
get a job?**

10:00 am - 2:00 pm

October 18, 2025

- * Learn about exciting career opportunities
- * Sign up for afterschool jobs on site
- * Bring birth certificate, Social Security card, work permit, most recent physical papers and report card
- * Community vendors present to help

**MCC Downtown Campus
High Falls Room
321 State Street**

**Apply Today at
RocYourJob.com**

Call the Youth Bureau
for more information
753-6280



ADAM J. BELLO
COUNTY EXECUTIVE



GEWEP- General Education Work Experience Program



GEWEP



General Education Work Experience Program

- Have a job?
- Earn HS Elective Credit!

Sign up for the GEWEP Class!

Sign up ASAP to start counting your hours worked for elective credit!

Credit is given based on how many hours you work. (example: 150 hrs. = .5 credit / 300 hrs. = 1 credit, etc.)



SIGN UP: Scan the above QR code to fill out the GEWEP Interest Form

Or type in the URL: <https://forms.gle/1zZRLgi8Lh11fd4g6>

This is a Virtual Course!

Your teacher: Ms. Richardson, RCSD Work Based Learning Coordinator

Assignments: all in Google Classroom

Offered: first and/or second semester

Q&A's

Q-When can I sign up? A- As soon as you are employed and earning a paycheck

Q-How old do I have to be? A- 14 or older and employed

Q- If I don't have a job, but get one later this school year, can I join in the middle of the year? A - Yes, join at any time

Q- I work for my family, can I join GEWEP? A - You must be paid "on the books" and earn a paycheck (you can't be paid "under the table") and the business must provide Workers Compensation

Further Questions: Contact Ms. Richardson, RCSD Work Based Learning Coordinator at donna.richardson@rcsdk12.org or see your school counselor

EMPLOYMENT OPPORTUNITIES

Looking for a job? Check out the RCSD Job Board for information on local businesses that are hiring:

https://docs.google.com/spreadsheets/d/11oLGRPW1XDrdtSbLSR7bvEnGNy_1al-6ZLtdDoUKpmk/edit#gid=0

HOW TO APPLY FOR A WORK PERMIT at SOTA:

<https://www.rcsdk12.org/domain/13307>

You will need three documents to apply for a work permit.

- **Application- Part I only completed and signed by parent or guardian**
- **Proof of Age- birth certificate, learner's permit, license**
- **Medical Form- must be completed by your doctor's office (or the school nurse if she has your physical on file at school), you can also use a copy of your most recent physical**
- **The application and medical form can be accessed through the link above or there are copies in the counselor's offices and house offices.**

When you have those three documents complete, you can bring them to the house office and the clerical staff can issue you a work permit. They usually have specific days and times they process work permits, so check with your house office clerical staff.

Resources for Social & Emotional Support

WHO CAN HELP AT SOTA:



School Counselors

Mr. Murphy - A179
Mrs. Sirianni - A249
Mrs. Rossette - A349
Mrs. Kelly - A432
Ms. Adams - A249
Mrs. Everts - A423



Social Workers/ School Psychologists

Mrs. Lindsey - A179
Mrs. Gordon - A349
Mrs. Johnson - A432
Mr. Blumkin - M325
Mr. Dingman - M332



Community Organization Support

Caroline Cuyler - M151
Ms. Nicki - 4th Fl House
CFY Help Zone - M138
Pathways to Peace - 4th Fl House
Hillside - 2nd Fl House

***Feel free to reach out to any staff member and they can help connect you to one of us!**

24/7 HOTLINES FOR SUPPORT:

Suicide & Crisis Support Lifeline: Call or text 988

The Trevor Project Hotline: Call 1-866-488-7386 or text
'START' to 678-678 (LGBTQ+ safe hotline)

The Center for Youth: Call 585-271-7670

Resource Services Hotline: Call 211

For life threatening crises or emergencies please call 911

Mental Health Crisis Hotlines

If you are experiencing a mental health crisis these resources are available 24/7 to provide immediate help!

❖ 211 Lifeline:

If you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options, call 211 to speak with a live person who can help.

- 211 conversations are confidential, can be made anonymously, and are available in 180 languages upon request.
- If you prefer to text, use web chat, or search for resources online, click here to find more ways to contact [your local 211](#).

❖ 988 Suicide and Crisis Lifeline:

Dial 988 or 1-800-273-8255 for the <https://988lifeline.org/> . 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline). When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

❖ URM C Brighter Days Pediatric Mental Health Urgent Care Center-
300 Crittenden Blvd., (585) 275-8686
<https://www.urmc.rochester.edu/locations/mental-health-wellness-brighter-days-pediatric-urgent-care-center>

**LIFE IS A
PUZZLE,
SOLVE IT
DRUG
FREE™**



**RED RIBBON WEEK® OCTOBER 23-31
WWW.REDRIBBON.ORG**



How to deal with peer pressure:

Stick with your bestie- always have a friend you can trust when going places.

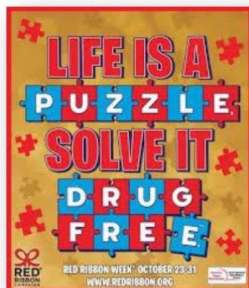
Avoid, avoid, avoid -walk away when others start using a drug. Remove yourself from the area completely.

Be the sober one- choose to be the "designated friend."

Stick to your script- in other words keep telling yourself and others you are drug-free and will remain that way.



Red Ribbon Week is October 23-31 Stayed tuned for the events taking place...



From the Prevention Office...



Puzzle of Praise

This years **RRW** theme is "Life is a puzzle," so we are going to create **A PUZZLE OF PRAISE**, by honoring someone in your life and sharing it on a puzzle piece. **SOTA STAFF TOO!** See me in the 4th flr house office for your puzzle piece...

Did you know?

108,313 overdoses that ended in death were due to Fentanyl.

5 out of every 10 pills gotten from the street have a lethal amount of Fentanyl. The only safe pills (medications) to take are the ones given to you by your doctor and taken exactly as your doctor has told you to.



OCTOBER 2025 NEWSLETTER

Life's puzzle can be tough, but the right choices fit perfectly. Choose wisely. Choose drug-free
#redribbon2025 #lifeisapuzzlesolveitdrugfree
#staydrugfree

October 2025



Food for You

Incarnate Word Lutheran Church

(597 East Ave. on the corner of East Ave. and Goodman St.)

HEALTHY HOT MEAL

Mustard Seed Kitchen

In-House Full Service Dining
(Last Saturday of the Month)

Served 5:00 – 6:00

October 25, 2025 Menu

Barbequed Chicken, Parslied
Potatoes, Peas, Cornbread, Salad,
Dessert, & Fruit

Free Bag of Groceries
Provided by
Loop Ministries



Food Pantry Open Loop Ministries



ONE GROCERY BAG

for each **HOUSEHOLD MEMBER**

Available once per month

*(proteins, canned fruits &
vegetables, bread, pasta, & more)*

Open Each Tuesday and Thursday

Distributing 10:00 – 12:00

Third Wednesday
of the Month

5:00 – 8:00

October 15
November 19
December 17

LAUNDRY LOVE

Bright Bubble Laundromat
458 Monroe Avenue



- ✦ Free Wash & Dry Service
- ✦ Detergent Provided
- ✦ Individuals: Wash & Dry 3 Loads
- ✦ Families: Wash & Dry 5 Loads