

JANUARY/FEBRUARY 2014

SENIOR SPOTLIGHT

Happy New Year!



Westminster Senior Services Team

Mayor & City Council

Tri Ta

Mayor

(714) 548-3179

Margie L. Rice

Mayor Pro Tem

(714) 548-3183

Diana Lee Carey

Council Member

(714) 548-3181

Sergio Contreras

Council Member

(714) 548-3180

Andy Quach

Council Member

(714) 548-3182

For appointments call

(714)548-3172

CITY MANAGER & COMMUNITY SERVICES

City Manager

Eddie Manfro

(714) 548-3172

COMMUNITY SERVICES DIRECTOR

Diana Dobbert

(714) 895-2860

Westminster Senior Center Foundation

President Owen Eames (714) 894-3129

Vice President Bernie Alegre (714) 928-5083

Secretary Teresa Veldof (714) 878-2914

Treasurer Marion Aguirre (714)895-3872

Member Vince Agor (714) 897-6252

Member Theresa Gremling (714) 897-7459

Member Marie Velardo (714) 337-1382

Member Joanne Vogelsang (714) 897-0772

Member Joy Williams (714) 969-8861

Member Virginia Blacha (714) 894-7527

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR Claire Hutchinson

SENIOR REC LEADERS Shaun Miller
Nick Weiner
Veronica Hernandez

NUTRITIONIST Maribel Avilez

VAN DRIVERS John Conrekas
Bertha Lara
John Christenson

HEALTH CARE NURSE Jane Herin

PROJECT S.H.U.E. DIRECTOR Sara Gonzalez

The Westminster Senior Center Foundation is a nonprofit Public Benefit Corporation. Its mission is to maximize the quality of life among the senior citizen population of the City of Westminster through the support of the Westminster Senior Center and its Programs.

From the Senior Center Supervisor

Greetings 2014!

I hope everyone enjoyed the holidays with family and friends. We have a brand new year to look forward to!

Our New Years Resolution is to provide the finest activities and services to all our seniors.

During this time of the year, I wish to express my gratitude to the staff and volunteers that make these services possible.

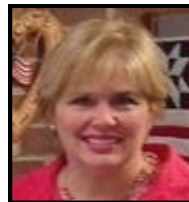
Our November See's Candies Fundraiser was very successful.

Be sure and browse through our newsletter to catch up on all of our upcoming activities and events

I would like to thank Emeritus at Brookhurst, Emeritus at Valley View and Humana Health Care for sponsoring our monthly birthday cakes.

A big thank you to Uncle Pete's for providing our Holiday Party treats and Christmas Eve Luncheon.

Thanks to all who purchased Items from our "Lovely Treasure Closet". We hope you will continue supporting our on-going fundraiser.



Looking Ahead



Breakfast on

Monday

January 20th

9:00 A.M.



Free

Tax Preparation

Starting Wednesday

February 5th

Make your

Appointments early



Valentines' Day

Party

Wednesday

February 13th



Pool Tournament

Tuesday

February 18th

9:30 a.m.

Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m. We celebrate birthdays on the 4th Thursday of each month.

Cost:
The suggested donation is just \$3.00 for our senior participants 60 and over. The cost for individuals under 60 is \$5.00.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

January 8th
February 12th

Hours:
8:30 a.m.-11:00 a.m.
(or until food runs out)
Requirements:
You must live in Westminster and qualify as low income. Bring proper identification & plastic bags.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.

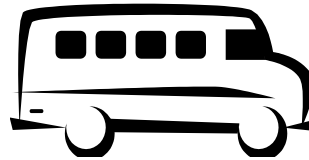


NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

SCHEDULE

Monday through Friday
Morning Pick-Ups:
8:00 a.m. to 9:00 a.m.
from your home to the Senior Center.
Afternoon Returns:
12:30 p.m. & 2:30 p.m.
from the Senior Center to your home.



SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from 9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

NOTE:

NO SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



WOW Questions?
Call Bertha or John
at
(714) 895-2878
ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB
meets Mondays and Thursdays at 12:15 p.m.



CHESS CLUB meets Tuesdays at 7:30 a.m.



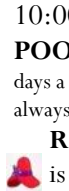
BUNCO meets on 2nd and 4th Wednesdays at 12:30 p.m.



CRAFT LADIES meet on Thursdays at 9:00 a.m.



MAH JONGG players meet on Mondays from 10:00 a.m.-12:00 noon.



POOL ROOM is open five days a week and new players are always welcome.



RED HAT SOCIETY is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.

YARN SPINNERS crochet and knit on Mondays & Fridays 9:00 a.m.-11:30 a.m.
Wednesdays 9:00 a.m.
4:00 p.m.



NEEDLE WORK meets Mondays at 9:00 a.m.



MEXICAN TRAIN DOMINOS meets on the 1st and 3rd Wednesdays of each month at 12:00 Noon

SUDOKU meets every Friday at 9:30 a.m.



BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

GAME TIMES:

Mondays & Wednesdays
12:45 p.m. - 2:30 p.m.
Fridays
9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

JANUARY

January 10th:
"Safe Haven"

Josh Duhamel, Julianne Hough
Runtime: 1 hour, 55 min.
Rated PG-13 (2013); Drama

JANUARY 17:
"Love Begins"

Wes Brown, Julie Mond
Runtime: 1 hour; 30 mins.
Rated NR (2011); Romance

January 24th:
"The Mighty"

Sharon Stone, James Gandolfini
Runtime: 1 hour, 40 mins.
Rated PG-13 (1998); Drama

January 31st
"The Natural"

Robert Redford, Robert Duvall
Runtime: 2 hour; 18 min.
Rated PG (1984); Drama

FEBRUARY

February 7th:
"Martian Child"

John Cusack, Bobby Coleman
Runtime: 1 hour; 46 min.
Rated: PG-13 (1983) Drama
Runtime: 1 hours, 53 min
Rated PG (2007) Drama

February 14th
"Radio"

"Cuba Gooding Jr
Runtime: 1 hour; 11 min
Rated PG (2003) Drama

February 21st
"Born to be Wild: IMAX"

Morgan Freeman,
Birutė Galdikas
Runtime: 40 minutes
Rated: G (2011);
Documentary

February 28th
"Toy Story"

Tom Hanks, Tim Allen
Runtime: 1 hours; 21 minutes
Rated G (1995); Family



FRIDAYS 9:15 a.m.



SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, & entertainment but the party will not start without YOU!



Dates:

January:

23rd

February:

27th

Time:

11:00 a.m.

Place:

Dining Room

Cost:

\$3.00

Entertainment Included

Come Dance to

The Sounds of the Serenaders!!

Come join us from 12 noon-2 p.m.

In the Senior Center Dining room

On Friday Afternoons

January 10th & 24th

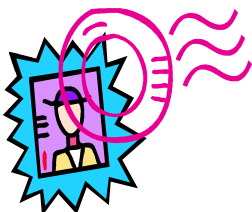
February 7th & 21st

March 7th and 21st

There is a \$1.00 entry fee and Refreshments are available for sale



Do You Need Stamps?



Forever Stamps are available at the Front Desk in books of 20.

“Night In The Spotlight” Dance

Come join us

January 10, 2014

5:30 p.m. to 8:30 p.m.

Dress your best

walk the red carpet!

Refreshments, door prizes, and dancing!



SENIOR CENTER SERVICES

ONGOING SERVICES



ATTORNEY

Elder Law attorney *Dennis Jensen* specializes in wills, trusts, estate planning and probate.

When:
3rd Tuesday of every month

Time:
10:00 a.m. - 12:00 noon
(by appointment only)



BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

When:
Every Thursday

Time:
9:00 a.m. - 11:00 a.m.



HICAP (Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joan Elliot is available for Medicare/MediCal counseling and information.

When:
3rd Monday of every month

Time:
10:00a.m.-12:00 noon

(by appointment only)

LEGAL AID



Paralegal *Laura Luu* provides legal advice and referrals.

When:
2nd Tuesday of every month.

Time:
9:00 a.m. - 11:40 a.m.
(by appointment only)

PODIATRIST



Dr. Nancy Hayata provides foot screening and consultation.

When:
1st Friday of every other month.

Appointments begin at 11:45 a.m.
(by appointment only)

INFORMATION & REFERRAL



Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878

Free Manicures and Haircuts



**Tuesday
February 11th
10:00 a.m.-12:00 p.m.**

Provided by: Asian American Beauty College

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$15 per person for AARP members
\$20 per person for non-members**

Classes will be held on the following date:

**Thursday- February 20th &
Friday-February 21st**



***Pre-registration and payment are required at Front Desk**

SENIOR CENTER SERVICES

NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 AM –11:00 AM. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

Diabetes Support Group

January 15th

“Decision Making”

10:00 a.m.

February 19th

“Heart Disease”

10:00 a.m.

UPCOMING HEALTH TALK

January 8th

“Why We should Exercise”

February 5th

“Blood Pressure Talk”

Health Talks begin at 11:00 a.m. in the Dining Room

Preventing Falls and Injuries



Join us for a free lecture to learn how strength and mobility exercises can help reduce your risk for a fall.

Wednesday, January 15th

10 a.m.

Dining Room

Provided by Fountain Valley Regional Hospital and Medical Center

LIFE STORY WRITING

Free class

No special writing experience is needed. If you need encouragement and ideas to work on your own life story Life Story writing is for you.

Hearing stories from workshop members stimulates our own memories also enriches our understanding of ourselves and the world around us.

Previous and new members are welcome.

Mondays

February 3rd-April 7th

12:30 p.m.-2:00 p.m.

Unless otherwise noted, all health related presentations are given by: Jane Herin, RN, PHN
Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency
Information on Medi-Cal will be discussed.

UPCOMING EVENTS

Income Taxes for the Year 2013 Seniors 60+

Come and have your income taxes forms filled out FREE for charge from our experienced and knowledgeable volunteers. This service will be available every Wednesday from 8:30 a.m. to 11:30 a.m., beginning February 5th and ending on April 9th

Appointments can be made as of January 6th. Come to the Front Desk or call us at: (714) 895-2878 to make an appointment.

Remember to bring the following:

- ◆ Copies of last years' Tax returns, both Federal and State.
- ◆ IRS and State Booklets
- ◆ Wages and other income received.
- ◆ Records of interest-1099 INT Forms
- ◆ Records of dividends-1099 DIV Forms
- ◆ Pensions, IRA, Annuities, Social Security

QUILT STORIES

Do you have a favorite quilt with a special story?

Bring it to this special event and share your story.



Wednesday, January 29th

10:00 a.m.

Dining Room

Hosted by Bowers Museum

JOIN US FOR BREAKFAST!



COME JOIN US FOR A DELICIOUS BREAKFAST!

MONDAY, JANUARY 20TH
9:00 A.M.

TICKETS ARE \$3.00 AT
THE FRONT DESK

Bring Your Sweetheart!

VALENTINE'S DAY PARTY



Thursday, February 13th

11:00 a.m.

East/West Room

Tickets are a \$4.00 donation

Entertainment by:

OPERA-KADABRA

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Adapted Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters



Balance & Mobility

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Adapted Fitness

Day	Time	Instructor
Monday	10:00 a.m.- 12:00 noon	M. Masters
Wednesday	10:00 a.m.- 12:00 noon	M. Masters

Day	Time	Instructor
Mon/Wed	9:00 a.m.-10:00 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6214.

Pre-registration is advised. Session begins January 27, 2014 and ends May 23, 2014 All Coastline College classes require a Health Verification Form signed by the participant's doctor.

City of Westminster Recreation Department



Dance Aerobics 2

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

Dance Aerobics 2/3

Day	Time	Instructor
Thursday	2:45 p.m.- 4:15 p.m.	J. Camarena

Dance Aerobics 3

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 noon	J. Camarena

Dance Aerobics 4

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m. (waitlist only)	J. Camarena

Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

Stretch & Flex

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

All City of Westminster classes are Fee-Based. For information, please call (714) 895-2860. Classes begin Monday, January 6, 2014 Pre-Registration is advised.

SENIOR CENTER

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Beginning and Intermediate Computer Classes, times and dates will be announced at a later date for the upcoming year

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	H. Uyehara
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER *

SENIOR CENTER TRIPS

DAY TRIPS

HARRAH'S CASINO

TUESDAY, JANUARY 14, 2014
 COST: \$15.00
 DEPARTS: 8:00 A.M.- RETURNS APPROX. 5:00 P.M.
 INCLUDES: \$10.00 BACK IN SLOT PLAY

CHOCOLATE COVERED LA. TOUR

WEDNESDAY, JANUARY 22, 2014
 COST: \$80.00
 DEPARTS: 8:30 A.M.- RETURNS APPROX. 5:00 PM.
 INCLUDES YOUR CHOICE OF MEAL! PRIME RIB OR TURKEY SANDWICH

SANTA ANITA HORSE RACES

THURSDAY, FEBRUARY 20, 2014
 COST: \$52.00
 DEPARTS: 10:30 A.M.-RETURNS APPROX. 6:00 P.M.
 PACKAGE INCLUDES: DELUXE MOTORCOACH, CLUBHOUSE SEATING
 BUFFET LUNCHEON IN CLUB COURT-RACING PROGRAM

PALA INDIAN CASINO

THURSDAY, FEBRUARY 20, 2014
 COST: \$19.00
 DEPARTS: 9:30 A.M.-RETURNS APPROX. 6:00P.M.
 A TRUE "LAS VEGAS" STYLE CASINO
 INCLUDES \$5.00 SLOT PLAY

J. PAUL GETTY CENTER

WEDNESDAY, MARCH 26, 2014
 COST \$52.00
 DEPARTS: 10:30 A.M.-RETURNS APPROX. 6:00 P.M.
 HAVE LUNCH AT THE SOUP PLANTATION AND VISIT J. PAUL GETTY CENTER AND MUSEUM

VIEJAS CASINO

TUESDAY, APRIL 8, 2014
 COST: \$15.00
 DEPARTS: 8:00 A.M.- RETURNS APPROX. 5:00 P.M.
 INCLUDES: 1/2 LUNCH

DAY TRIP TO JULIAN

TUESDAY, APRIL 29, 2014
 COST: \$72.00
 DEPARTS: 9:00 A.M.- RETURNS APPROX. 6:30 P.M.
 INCLUDES: LUNCH AT THE RONGBRANCH RESTAURANT, SHOPPING, AND TRAIN RIDE ON 18' GAUGE MINING TRAIN

HARRAH'S CASINO

TUESDAY, MAY 13, 2014
 COST: \$15.00
 DEPARTS: 8:30 A.M.- RETURNS APPROX. 5:00 P.M.

BIG BEAR LAKE CRUISE

TUESDAY, JUNE 17, 2014
 COST: \$69.00
 INCLUDES: LUNCH AT BOO BOO'S DEN AND CRUISE OVER THE LAKE

OVERNIGHT TRIPS

LAUGHLIN AT THE RIVERSIDE

March 16—18, 2014

(Sunday—Tuesday)

Package Includes: 2 Free Buffets at Hotel and Laughlin Funbook!

Depart: 8:00 a.m. March 16

Return: 6:00 p.m. March 18

Cost: \$102.00 p/p double; \$122.00 single




www.shutterstock.com : 35221756



(WAITING LIST ONLY)

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">JANUARY 2014</p>	<p>HAPPY NEW YEAR</p>			
<p style="text-align: right;">6</p> <p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mahjong -Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo</p>	<p style="text-align: right;">7</p> <p>7:30 Chess Club-Room 1 8:30 ESL-Room 5-Sign Up 9:30 Stretch and Flex-E/W Room 10:30 Karaoke-DR 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">1</p> <p>7:30 Health Assessments 8:30 Commodities-Room 5 9:00 Yarn Spinners-Room 1 10:00 Adapted Fitness-E/W Room 11:00 Health Talk-Why we should Exercise-DR 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo</p>	<p style="text-align: right;">2</p> <p>8:30 ESL -Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">3</p> <p>8:30 Tai Chi-Room E/W 9:00 Yarn Spinners-Room 1 9:15 Movie: "Safe Haven" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W Trip to Costco 11:30 Lunch 12:00 Afternoon Dance-DR 5:30-8:30 "Night in the Spotlight Dance"</p>
<p style="text-align: right;">13</p> <p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Chronic Illness Support Group-Room 11 10:00 Mahjong-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo</p>	<p style="text-align: right;">14</p> <p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:00 Legal Aid 9:30 Stretch and Flex-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: center;">Trip to Harrah's Casino</p>	<p style="text-align: right;">15</p> <p>9:00 Yarn Spinners-Room 1 10:00 Adapted Fitness-E/W Room 10:00 Diabetes Support Group-Room 5 11:45 Lunch 12:00 Red Hat Annual Meeting-A/B Room 12:30 Mexican Dominos-Room 10 12:45 Bingo</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>10:00 a.m. Dining Room Free Lecture Preventing falls & injuries By: Fountain Valley Regional Hospital and Medical Center</p> </div>	<p style="text-align: right;">16</p> <p>8:30 ESL -Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">17</p> <p>8:30 Tai Chi-Room E/W 9:00 Yarn Spinners-Room 1 9:15 Movie: "Love Begins" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to new Walmart 11:30 Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>OPEN 8:00AM -1:00PM</p> </div>
<p style="text-align: right;">20</p> <p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Breakfast-DR 10:00 Hi-Cap by Appointment 10:00 Mahjong-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo</p>	<p style="text-align: right;">21</p> <p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:00 Attorney-by appointment 10:30 Karaoke-DR 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">22</p> <p>7:30 Health Assessment 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo</p> <p style="text-align: center;">Trip to Chocolate Covered L.A. Tour</p>	<p style="text-align: right;">23</p> <p>8:30 ESL -Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:00 Birthday Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">24</p> <p>8:30 Tai Chi-Room E/W 9:00 Yarn Spinners-Room 1 9:00 S.C.A.T. Meeting-A/B Room 9:15 Movie: "The Mighty" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W Trip to Traders Joe's 11:30 Lunch 12:00 Afternoon Dance-DR</p>
<p style="text-align: right;">27</p> <p>9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-Room A/B 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mahjong-Room 5 10:00 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-A/B Room 12:45 Bingo</p>	<p style="text-align: right;">28</p> <p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">29</p> <p>9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-Room A/B 10:00 Quilt Stories Bowers Museum-DR 10:00 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Mexican Dominos 12:30 Adapted Fitness-E/W Room 12:45 Bingo</p>	<p style="text-align: right;">30</p> <p>8:30 ESL -Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p style="text-align: right;">31</p> <p>8:30 Tai Chi-Room E/W 9:00 Yarn Spinners-Room 1 9:15 Movie: "The Natural" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>OPEN 8:00AM -1:00PM</p> </div>

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="background-color: #ADD8E6; border-radius: 25px; padding: 20px; display: inline-block;"> <h1 style="margin: 0;">FEBRUARY</h1> </div>				
<p>9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-A/B Room 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mahjong-Room 5 10:00 Adapted Fitness-A./B Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story-Room 5 12:30 Adapted Fitness-A/B Room 12:45 Bingo</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:30 Karaoke-DR 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p>7:30 Health Assessment 8:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-A/B Room 10:00 Adapted Fitness-E/W Room 11:00 Health Talk "Blood Pressure" DR 11:45 Lunch 12:30 Adapted Fitness-E/W Room 12:30 Mexican Train Dominos-Room B 12:45 Bingo</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Martian Child" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to 99 Cent Store 11:30 Lunch 11:45 Podiatrist-By Appointment 12:00 Afternoon Dance-DR</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-A/B Room 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mahjong-Room 5 10:00 Adapted Fitness-A/B Room 10:00 Hi-Cap by Appointment 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story-Room 5 12:30 Adapted Fitness-A/B Room 12:45 Bingo</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:00 Legal Aid-by appointment 9:30 Stretch and Flex-E/W Room 10:00 Haircuts and Manicures-West Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p>8:30 Tax Preparation-Room 10-11 8:30 Commodities-Room 5 9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-A/B Room 10:00 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Adapted Fitness-E/W 12:30 Bunco-Room B 12:45 Bingo</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:00 Valentine Party-E/W Room 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Radio" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Hobby Lobby 11:30 Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> Open 8:00 AM-1:00 PM </div>
<div style="text-align: center;">  <p>CLOSED PRESIDENTS' DAY</p> </div>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 9:30 Pool Tournament 10:00 Attorney-by appointment 10:30 Karaoke-DR 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p>7:30 Health Assessments 8:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-A/B Room 10:00 Adapted Fitness-E/W Room 10:00 Diabetes Group-Room 5 11:45 Lunch 12:30 Mexican Train Dominos-Room B 12:30 Adapted Fitness-E/W Room 12:45 Bingo</p>	<p>8:30 ESL-Room 5 8:30 Safety Driving-Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p> <p style="margin-top: 10px;">Trips: Pala Casino Santa Anita Race Track</p>	<p>8:30 Tai Chi-E/W Room 8:30 Safety Driving-Room 3/4 9:00 Yarn Spinners-Room 1 9:15 Movie: "Born to be Wild:IMAX" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Trader Joe's 11:30 Lunch 12:00 Afternoon Dance-DR</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-A/B Room 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mahjong-Room 5 10:00 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story-Room 5 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p>	<p>8:30 Tax Preparation-Room 10-11 9:00 Yarn Spinners-Room 1 9:00 Balance & Mobility-Room A/B Room 10:00 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Bunco-Room B 12:30 Adapted Fitness-E/W Room 12:45 Bingo</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobic 2-E/W Room 10:30 Dance Aerobics 2/3-E/W Room 11:00 Birthday Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Toy Story" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to New Walmart 11:30 Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> Open 8:00 AM-1:00 PM </div>



Senior Lunch Menu - January 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00		CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY
6	7	8	9	10
Creamy Potato Soup & Crackers Chicken Breast & Gravy Capri Blend Vegetables Whole Grain Bread & Margarine	Vegetarian Lasagna 50/50 Salad Mix Italian Dressing Broccoli Can Fruit For Salad	Hawaiian Style Fish Island Pineapple Rice Carrot Coins Chocolate Chip Cookie	Chili Con Carne Topped with Shredded Cheese & Onions Garden Green Salad Honey Sesame Dressing Cornbread Muffin Melon	Beef Pot Roast & Gravy Mashed Potatoes Scandinavian Vegetables Fruited Gelatin Orange Juice
13	14	15	16	17
Sweet N Tangy Pork Steamed White Rice Oriental Blend Ambrosia	Potato Crusted Fish Seasoned Couscous French Cut Green Beans Apple Crisp	Minestrone Soup & Crackers Spaghetti & Meatballs 50/50 Salad Mix Italian Dressing Fresh Melon	Turkey Pot Roast & Gravy Mashed Potatoes Mixed Vegetables Whole Grain Bread & Margarine Apricots	Chicken Breast w/ Herb Gravy Rice Pilaf Spinach Spice Cake Orange Juice
20	21	22	23	24
*<u>Martin Luther King Day!</u> BBQ Chicken Sandwich Baked Beans Sweet Corn Wheat Bun Fruit Pie	Cream of Celery Soup Pork Loin & Gravy Applesauce (2oz) Rice Pilaf Grandma Cookie Orange Juice	Beef Sirloin Tips over Pasta California Blend Brownies	Birthday Celebration Farmer Market Soup Turkey Noodle Casserole Spinach Salad / Raspberry Dressing Whole Grain Bread & Margarine Chilled Purple Plums	Baked Ham with Apricot Sauce Yams / Marshmallow Broccoli Seasonal Fresh Fruit
27	28	29	30	31
Vegetable Pasta Soup & Crackers Tuna Salad Sandwich Cilantro Slaw WW Bun Ranger Cookie	Homemade Beef Stew Brussels Sprouts Cornbread Muffin & Margarine Pineapple Chunks	BBQ McRib Black Beans Country Mix Vegetables Whole Grain Bread & Margarine Melon	Chicken Strips topped with Alfredo Sauce Wide Egg Noodles Baby Carrots Butterscotch Pudding Orange Juice	Vegetable Soup & Crackers Spinach & Mushroom Quiche 4 Way Salad Mix Vinaigrette Seasonal Fresh Fruit

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. *Indicates sodium content over 1,000 mg.
 †Indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories

www.SeniorServ.org