

JANUARY/FEBUARY 2019

Westminster Senior Center
8200 Westminster Blvd. Westminster, CA 92683
(714) 895-2878

SENIOR SPOTLIGHT



WINTER IN CALIFORNIA



Mayor & City Council

Tri Ta
Mayor
(714) 548-3179

Kimberly Ho
Vice Mayor
(714) 548-3183

Sergio Contreras
Council Member
(714) 548-3181

Tai Do
Council Member
(714) 548-3182

Chi Charlie Nguyen
Council Member
(714) 548-3180
For appointments call
(714)548-3172

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR

Claire Amyx

RECREATIONAL COORDIANTOR

Shaun Miller

NUTRITIONIST

Maribel Avilez
Teresa Alonso

VAN DRIVERS

John Conrekas
Bertha Lara
Paul Mungo

HEALTH CARE NURSES

(Diabetes Support Group)

Jane Herin

PROJECT S.H.U.E. DIRECTOR

Blanca Luna

City Manager

Eddie Manfro
(714) 548-3172

Community Services

Director

Diana Dobbert
(714) 895-2860

Commission on Aging

Topaz Tran
(714) 812-8125

Lou Stewart
(714) 895-1260

Henry Weil
(714) 891-2625

Richard Jolly
(714) 323-1423

Westminster Senior Center Foundation

President	Jay Vogelsang	(714) 296-7556
Vice President	Joanne Vogelsang	(714) 897-0772
Secretary	Teresa Veldof	(714) 878-2914
Treasurer	Joy Williams	(714)969-8861

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.

SEE US AT:

WWW.WESTMINSTER-CA.GOV

FROM THE SENIOR CENTER SUPERVISOR

WELCOME 2019

Happy 2019! I hope everyone enjoyed the holiday with family and friends.

Thank you to everyone that not only donated items for our Holiday Boutique, but also shopped the Boutique. The Boutique and the See's Candies sales were both successful and the funds will benefit the activities at the Center.

We would also like to thank Humana Healthcare for donating our quarterly birthday cakes for 2018. It's really nice to have a special cake to celebrate birthdays!

During this time of year, I wish to express my gratitude to the staff and volunteers that make all of our activities and service possible. As we enter 2019, we hope you stay active, and reach out to your neighbors, friends, and family members. May the New Year bring you health, happiness, and fun!

Claire Amyx
Senior Center Supervisor

Emergency Business & Telephone Numbers

Westminster Police Emergency	911
Police-non-emergency	(714)898-3315
Westminster City Hall	(714)898-3311
Orange County Fire Authority	(714)573-6000
Adult Protective Services	(800)451-5155
Westminster Chamber of Commerce	(714)898-9648
Westminster Library	(714)893-5057
HICAP Orange County	(714)560-0424
Social Security	(800)772-1213
Council on Aging	(714)479-0107
Office on Aging	(800)510-2020
Information Help Line	211
Traffic Information	511

**NON-EMERGENCY
TRANSPORTATION**

OCTA (Access van)
(714) 560-5888

(YOU NEED TO CALL AND SIGN UP)

ABRAZAR
(non-emergency medical only)

(714)891-9500

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.

Cost:

The suggested donation is just \$3.00 for seniors 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 9th
February 13th**

Hours:

9:00 a.m.-11:30 a.m.
(or until food runs out)

Requirements:

You must live in Westminster and qualify as low income. Bring proper Identification & paper bags



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 60 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 lunch program.

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, Wal-Mart, Westminster Mall, 99¢ Store, Trader Joe's and other various locations

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**

Clubs & Groups

BRIDGE GROUP

Intermediate and advanced players

If you would like to join us we meet on Mondays and Thursdays at 12:15 p.m. in Room 10

CHESS CLUB

Check Mate! If you enjoy a challenging game of chess just show up to play on Tuesdays & Thursday at 12:30 p.m.

BUNCO

If you enjoy playing Bunco join us on the 2nd and 4th Wednesdays of every month at 12:30 p.m. in Room 10

MEXICAN TRAIN DOMINOS

Meets the 1st and 3rd Wednesday of the month at 12:30 p.m. in Room 10

SUDOKU

Meets Friday at 9:30 a.m.

A challenging puzzle number game

POOL ROOM

Open 5 days a week. All players are welcome!

Pinochle

Meets on Tuesdays and Fridays at 8:30a.m.

BINGO

Monday & Wednesday

12:45 p.m.-2:30 p.m. —Dining Room

Friday 9:30 a.m. - 11:15 a.m.-Dining Room

Bingo cards are 50¢ or 3 for a \$1.00 ☐

Winners receive a Bingo Buck a game

For every 10 bingo bucks you earn a \$10.00 Stater Bros Gift Card

YARN SPINNERS

Crochet and Knit

Monday, Thursday & Friday

8:00 a.m.-11:30 a.m.

Tuesday 1:00 p.m. —3:00 p.m.

Wednesday 8:00 a.m.—4:00 p.m.

RED HAT SOCIETY (“The Royal Belles”)

Group of Women who wear purple with red hats. Their main purpose is to have fun. They go on trips, dinners, plays, etc.

If you are interested in joining contact:

Georgianna (714) 897-1799

MOVIES



JANUARY

FRIDAYS 9:15 a.m.

FEBRUARY



JANUARY 4TH

“Thr Lost City of Z”

Runtime: 2 hour, 21min.

Rated: PG

(2016); Adventure

JANUARY 18th

“Victoria and Abdul

Runtime: 1 hour, 54 min

Rated: PG-

(2016) Drama

FEBRUARY 1st

“The Glass Castle”

Runtime: 2 hour, 7 min.

Rated: PG-13

(2016); Drama

FEBRUARY 15TH

“Some Kind of Different As Me”

Runtime: 1 hour, 59 min.

Rated: PG

(2017); Fantasy

JANUARY 11TH

“The Book of Henry”

Runtime: 1 hour, 45 min.

Rated: PG-13

(2016); Action

JANUARY 25TH

“The Promise”

Runtime: 2 hour, 13 min

Rated: PG-13

(2015) Drama

FEBRUARY 8TH

“Finding Your Feet

Runtime: 1 hour, 51 min.

Rated: PG-13

(2016); Comedy

FEBRUARY 22th

“I Feel Pretty”

Runtime: 1 hour, 50 min.

Rated: PG-13

(2016); Comedy

SENIOR CENTER ACTIVITIES & EVENTS

**We will be celebrating
Birthday's
January, February,
and March**

**Thursday,
February 28th**

**at 11 a.m.
in the
Dining Room**

**Happy
Birthday**



NEW YEAR'S PAR-TEA



THURSDAY, JANUARY 31ST

2:00 P.M.

Dining Room

Tickets \$8.00

Purchase tickets at front desk

Come Dance

**Friday Afternoons
12:00 p.m. to 2:00 p.m.**



January 4th and 18th

February 1st and 15th

\$2.00 entry fee/ \$3.00 February 1st

Refreshments are available for sale



Thursday, February 14th

11:00 a.m.

East/West Room

\$3.00

Entertainment

Moses Toth

SENIOR CENTER SERVICES & EVENTS

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?

A HICAP counselor available for Medicare/ Med-Cal counseling and information.

When:

3rd Monday of every month

Time:

10:00 a.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

AARP SMART DRIVER COURSE

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period. **The fee is \$15 per person for AARP members \$20 per person for non-members.**

Wednesday, January 16th

&

Wednesday, January 23rd

Classes will be held from 9:00 a.m.-1:00 p.m.

***Pre-register at Front Desk**

CELL PHONE HELP

THURSDAY

February 21st

10:00 a.m.-12:00 p.m.

Dining Room



HEALTH AND WELLNESS**DIABETES SUPPORT
GROUP**

**FIRST WEDNESDAY
OF EACH MONTH
10:00 a.m.-11:30 a.m.**

January 2nd

“Being Active”

February 6th

“Monitor Blood Glucose”

**Presented by Nurse Jane Heron
RN,BSN,PHN,RN**

Brown Bag Medication

One-on-One Medication Review

**Wednesday, February 27th
10:00 a.m.-12:30 p.m.**

Appointments will be 30 minutes. Bring all your medication or a complete list of medications. Please make appointment at Front Desk.

(Limited number of appointments)



**We will celebrate
Lunar New Year**



**Tuesday,
February 5th
11:30 a.m.**

Dining Room

**Pharmacist Bill Lui with
The O.C. Health Care Agency**

Will be conducting a seminar on the

**Overview of G.E.R.D
“Gastroesophageal reflux disease”**

**Wednesday, February 20th
10:00 a.m.
Dining Room**

EVENTS

INCOMETAXES FOR THE YEAR 2018

Come and have your income taxes forms filled out FREE of charge from our experienced and knowledgeable volunteers.

This service will be available every
Wednesday from 8:30 a.m. to 11:30 a.m.

February 6th to April 10th

Appointments may be made as of January 2nd.

Sign up at the front desk or call (714)895-2878 to make an appointment.

Remember to bring in the following:

- ♦ Copies of last years' tax returns, Federal and State
- ♦ IRS and State Booklets
- ♦ Wages and other income received
- ♦ Records of interest-1099 INT Forms
- ♦ Records of dividends-1099 DIV Forms


Coastline Community College

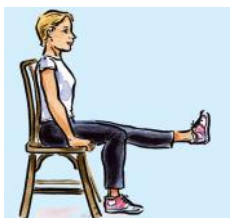
<i>Adapted Fitness</i>		
A mildly aerobic chair/standing exercise.		
Day	Time	Instructor
Mon/Wed	9:30a.m.- 10:30 a.m.	N. Jaeger
<i>Adapted Fitness</i>		
Day	Time	Instructor
Mon/Wed	10:30 a.m.- 1230	L. White



Coastline Community College classes are offered at no cost. For more information, call (714) 241-6214.
Spring Session for these classes begins January 28th to May 24th

City of Westminster Recreation Department

		
<i>Dance Aerobics 2</i>		
Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena
<i>Dance Aerobics 3</i>		
Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 noon	J. Camarena
<i>Dance Aerobics 4</i>		
Day	Time	Instructor
Tues/Thur	12:45 p.m.- 2:30 p.m. (waitlist only)	J. Camarena

		
<i>Stretch & Flex</i>		
Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena
<i>Tai Chi</i>		
Day	Time	Instructor
Friday	8:30 a.m.	L. Mo

All City of Westminster classes are Fee-Based. For information, please call (714) 895-2878

Sign up for Winter classes January 1st 2019

SENIOR CENTER

LONGIVITY STICK/TAI CHI		
A Vietnamese form of exercise involving slow movement and stretching		
Monday thru Friday	7:30 a.m. to 8:30 a.m.	Sunken Gardens
Monday and Thursday	7:30 a.m. to 10:00 a.m.	Senior Center
Friday—Tai Chi	8:30 a.m. to 9:30 a.m.	Senior Center

* ALL CLASSES ARE HELD AT THE CITY OF WESTMINSTER*

SENIOR CENTER TRIPS

DAY TRIPS

HARRAH'S INDIAN CASINO

TUESDAY, MARCH 12, 2019

COST: \$12.00

DEPARTS: 8:30A.M.— RETURNS: 5:00P.M.

INCLUDES \$5 BACK IN SLOT PLAY

HARRAH'S INDIAN CASINO

TUESDAY, OCTOBER 8, 2019

COST: \$12.00

DEPARTS: 8:00A.M.— RETURNS: 5:00P.M.

INCLUDES \$5 BACK IN SLOT PLAY

\$5 IN SLOT PLAY UPON ARRIVAL

VIEJOS INDIAN CASINO

WEDNESDAY, JUNE 19, 2019

COST: \$12.00

DEPARTS: 8:00A.M.— RETURNS: 6:00P.M.

INCLUDES **\$10** IN SLOT PLAY

20% OFF DINING

SHOPPING ACROSS STREET



OVERNIGHT TRIPS



Laughlin-Riverside


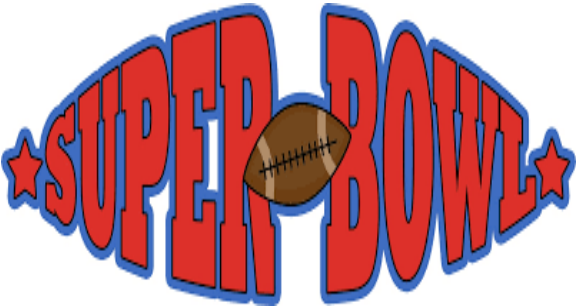


Laughlin-sales will start mid-February.

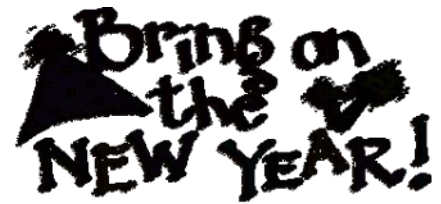
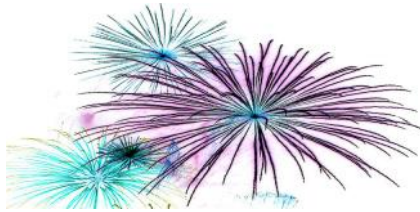
Reserve your spot at the Front Desk.

Monday, August 19th to
Wednesday, August 21st, 2019


Method of payment: cash, check, or credit card

	Tuesday	Wednesday	Thursday	Friday
<div>JANUARY</div> <div>2019</div>		7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 10:00 Diabetes Group– Room 5 11:45 Lunch 12:30 Mexican Dominos-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club-Room 5	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:00 Pinochle Play-Room 5 8:30 Tai Chi-Room E/W 9:15 Movie: “The Lost City of Z” 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to 99 Cent Store 11:30 Lunch 12:00 Senior Dance-E/W Room 12:00 Board Games-Room 10/11
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Pinochle Play-Room 10/11 8:30 ESL-Room 5 9:00 Crafts-Room 1 9:30 Stretch and Flex-A/B Room 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:00 Commodities-Room 5 9:00 Legal Aid-By Appointment 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:30 ESL –Room 5 9:00 Blood Pressure-Room 11 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 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:00 Pinochle Play-Room 5 8:30 Tai Chi-Room E/W 9:15 Movie: “The Book of Henry” 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W Trip Costco 11:30 Lunch <div>OPEN 8:00AM -1:00PM</div>
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Pinochle Play-Room 10/11 8:30 ESL-Room 5 9:00 Crafts-Room 1 9:30 Stretch and Flex-A/B Room 10:00 Attorney-by appointment 10:30 Karaoke-DR 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10 <div> <div>Red Hat Meeting</div> <div>12:00 p.m.</div> <div>3:30 p.m.</div> <div>A/B Room</div>  </div>	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 AARP Safety Driving-Room 10/11 10:00 Safe Routes for Older Adults-DR 11:45 Lunch 12:30 Mexican Dominos-A/B room 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:30 ESL –Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Cal-Optima-Lobby 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:00 Pinochle Play-Room 5 8:30 Tai Chi-Room E/W 9:00 Movie: ”Victoria and Abdul” 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to Trader Joe’s 11:30 Lunch 12:00 Senior Dance-E/W Room 12:00 Board Games-Room 10-11
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Hi-Cap by Appointment 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Pinochle Play –Room 10/11 8:30 ESL-Room 5 9:00 Crafts-Room1 9:30 Stretch and Flex-A/B Room 10:30 Karaoke-DR 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 AARP Safety Drivers Class-Room 10/11 11:45 Lunch 12:30 Bunco-Room A/B room 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room1 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 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 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 8:00 Pinochle Play-Room -5 8:30 Tai Chi-Room E/W 9:15 Movie: “The Promise” 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W Trip to H Mart 11:30 Lunch <div>OPEN 8:00AM -1:00PM</div>
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:30 Adapted Fitness-Room –E/W Room 10:30 Adapted Fitness-Room-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Pinochle Play-Room 10/11 8:30 ESL-Room 5 9:30 Stretch and Flex-A/B Room 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:30 Adapted Fitness-Room –E/W Room 10:30 Adapted Fitness-Room—E/W Room 11:45 Lunch 12:30 Mexican Dominos-Room 10 12:45 Bingo	7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room1 8:30 ESL –Room 5 9:00 Blood Pressure-Room 11 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 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room 2:00 Tea Party-DR	


Monday	Tuesday	Wednesday	Thursday	Friday
<div>FEBRUARY</div> <div>2019</div>			 <div>February 3rd</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:00 Pinochle Play-Room 5</div> <div>8:30 Tai Chi-Room E/W</div> <div>9:00 Movie: "The Glass Castle"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W. Trip to Walmart</div> <div>11:30 Lunch</div> <div>12:00 Senior Dance-E/W Room</div> <div>12:00 Board Games-Room 10/11</div> <div>1</div>
<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>9:00 Longevity Stick</div> <div>9:30 Adapted Fitness-E/W Room</div> <div>10:30 Adapted Fitness-E/W Room</div> <div>11:45 Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:45 Bingo</div> <div>4</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Pinochle Play-Room 10/11</div> <div>8:30 ESL-Room 5</div> <div>9:00 Crafts-Room 1</div> <div>9:30 Stretch and Flex-A/B Room</div> <div>10:30 Karaoke-DR</div> <div>11:30 Lunar New Year Lunch</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>1:00 Yarn Spinners-Room 1</div> <div>2:00 X Box Play-Room 10</div> <div>5</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 Tax Preparation-Room 10-11</div> <div>9:30 Adapted Fitness-E/W Room</div> <div>10:00 Diabetes Group- Room 5</div> <div>10:30 Adapted Fitness-E/W Room'</div> <div>11:45 Lunch</div> <div>12:30 Mexican Train Dominos-A/B Room</div> <div>12:45 Bingo</div> <div>6</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 ESL-Room 5</div> <div>9:00 Blood Pressure-Room 11</div> <div>9:00 Longevity Stick</div> <div>9:00 Dance Aerobics 2-E/W Room</div> <div>10:30 Dance Aerobics 3-E/W Room</div> <div>11:45 Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>7</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:00 Pinochle Play-Room 5</div> <div>8:30 Tai Chi-E/W Room</div> <div>9:15 Movie: "Finding Your Feet"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W. Trip to 99 Cent Store</div> <div>11:30 Podiatry-By Appointment</div> <div>11:30 Lunch</div> <div>Open 8:00 AM-1:00 PM</div> <div>8</div>
<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>9:00 Longevity Stick</div> <div>930 Adapted Fitness-E/W Room</div> <div>10:30 Adapted Fitness-E/W Room</div> <div>11:45 Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:45 Bingo</div> <div>11</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Pinochle Play-Room 10/11</div> <div>8:30 ESL-Room 5</div> <div>9:00 Crafts-Room 1</div> <div>9:30 Stretch and Flex-A/B Room</div> <div>11:45 Lunch</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>1:00 Yarn Spinners-Room 1</div> <div>2:00 X Box Play-Room 10</div> <div>12</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:00 Commodities-Room 5</div> <div>8:30 Tax Preparation-Room 10-11</div> <div>9:30 Adapted Fitness-A/B Room</div> <div>9:00 Legal Aid-by appointment</div> <div>10:30 Adapted Fitness-A/B Room</div> <div>11:45 Lunch</div> <div>12:00 Bunco-A/B Room</div> <div>12:45 Bingo</div> <div>13</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 ESL-Room 5</div> <div>9:00 Blood Pressure-Room 11</div> <div>9:00 Longevity Stick</div> <div>9:00 Dance Aerobics 2-E/W Room</div> <div>10:30 Dance Aerobics 3-E/W Room</div> <div>11:00 Valentine Party-E/W Room</div> <div>12:15 Bridge-Room 10</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>14</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:00 Pinochle Play-Room 5</div> <div>8:30 Tai Chi-E/W Room</div> <div>9:00 Movie: "Some Kind of Different As Me"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W. Trip to Trader Joe's</div> <div>12:00 Senior Dance-E/W Room</div> <div>12:00 Board Games-10/11</div> <div>15</div>
 <div>CLOSED</div> <div>PRESIDENTS' DAY</div> <div>18</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Pinochle Play-Room 10/11</div> <div>8:30 ESL-Room 5</div> <div>9:00 Crafts-Room 1</div> <div>9:30 Stretch and Flex-A/B Room</div> <div>10:00 Attorney-By Appointment</div> <div>10:30 Karaoke-DR</div> <div>11:45 Lunch</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>1:00 Yarn Spinners-Room 1</div> <div>2:00 X Box Play-Room 10</div> <div>19</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 Tax Preparation-Room 10-11</div> <div>9:30 Adapted Fitness-E/W Room</div> <div>10:00 Pharmacists Liu Seminar G.E.R.D-DR</div> <div>10:30 Adapted Fitness-E/W Room</div> <div>11:00 Birthday Celebration-DR</div> <div>12:30 Mexican Train Dominos-A/B Room</div> <div>12:45 Bingo</div> <div>Seminar Pharmacist Liu-10:00 a.m.-G.E.R.D-Dining Room.</div> <div>20</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 ESL-Room 5</div> <div>9:00 Blood Pressure-Room 11</div> <div>9:00 Longevity Stick</div> <div>9:00 Cal Optima-Lobby</div> <div>9:00 Dance Aerobics 2-E/W Room</div> <div>10:30 Dance Aerobics 3-E/W Room</div> <div>11:45 Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>Cell Phone Help 10:00 a.m.-12:00 p.m. Dining Room</div> <div>21</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:00 Pinochle Play-Room 5</div> <div>8:30 Tai Chi-E/W Room</div> <div>9:15 Movie: "I Feel Pretty"</div> <div>9:30-11:15 Morning Bingo</div> <div>9:30 Sudoku-Room 5</div> <div>9:30 W.O.W. Trip Grocery Outlet</div> <div>11:30 Lunch</div> <div>Open 8:00 AM-1:00 PM</div> <div>22</div>
<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>9:00 Longevity Stick</div> <div>9:00 Hi-Cap by Appointment</div> <div>9:30 Adapted Fitness-E/W Room</div> <div>10:30 Adapted Fitness-E/W Room</div> <div>11:45 Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:45 Bingo</div> <div>25</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Pinochle Play-Room 10/11</div> <div>8:30 ESL-Room 5</div> <div>9:30 Stretch and Flex-A/B Room</div> <div>11:45 Lunch</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>1:00 Yarn Spinners-Room 1</div> <div>2:00 X Box Play-Room 10</div> <div>26</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 Tax Preparation-Room 10-11</div> <div>9:30 Adapted Fitness-E/W Room</div> <div>10:30 Adapted Fitness-E/W Room</div> <div>11:45 Lunch</div> <div>12:30 Bunco-A/B Room</div> <div>12:45 Bingo</div> <div>One on One Medication Review-Pharmacist LIU 10:00 a.m.-12:30 p.m.</div> <div>27</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:30 ESL-Room 5</div> <div>9:00 Blood Pressure-Room 11</div> <div>9:00 Longevity Stick</div> <div>9:00 Dance Aerobics 2-E/W Room</div> <div>10:30 Dance Aerobics 3-E/W Room</div> <div>11:00 Birthday Celebration-DR</div> <div>11:45 Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:30 Chess Club-Room 5</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>28</div>	



Senior Lunch Menu – January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
HAPPYNEW YEAR!	Roasted Brisket Mini Sliders w/ BBQ Sauce Southwest Slaw Chuck Wagon Corn Ambrosia Orange Juice	Cream of Carrot w/ SF Crackers Beef, Mango Barley Salad WW Dinner Roll Fresh Melon	Stuffed Salmon Boat w/ Newburg Sauce Baked Red Potatoes Spinach Banana Pudding w/ Vanilla Wafer Cranberry Juice	Teriyaki Chicken Steamed Rice Broccoli and Carrots Diced Peaches
8	9	10	11	12
Split Pea Soup w/ SF Crackers Roasted Turkey w/ Herb Gravy Sweet Potato Casserole Cranberry Sauce Pumpkin Cookies Orange Juice	Mrs. Friday's Fish Couscous w/ Peas & Parmesan Cheese Broccoli Blueberry Pie	Baked Meatloaf w/ Mushroom Gravy Egg Noodles Brussels Sprouts Mandarin Orange	Cream of Asparagus w/ Wheat Crackers Veggie Egg Salad w/ Whole Grain Flatbread Garnish Cherry Tomatoes Quinoa Salad Fresh Melon	Pork Tenderloin w/ Apple Raisin Sauce Brown Rice Cucumber & Black Eye Pea Salad Whole Grain Bread Tropical Fruit Mix
15	16	17	18	19
Martin Luther King Jr. BBQ Chicken Potato Salad Collard Green Dinner Roll Apple Pie	Vegetable Soup w/ SF Crackers Crab Salad On bed of Spinach Black Beans & Orange w/ Citrus Dressing Chilled Pineapple Chunks	Rich Beef Goulash w/ Sour Cream Brown Rice Spinach Peach Crisp	Ham & Zucchini Frittata Romaine Salad w/ Tomatoes & Balsamic Dressing Mini Blueberry Muffin Fruited Gelatin	Moroccan Lentil & Vegetable Soup w/ SF Crackers Shepherd's Pie Spinach & Orange Salad Fresh Fruit
22	23	24	25	26
Tortilla Soup w/ Tortilla Strips Yucatan Chicken Tacos Three Sisters (Corn, Zucchini, Kidney & Garbanzo Beans) Street Taco Tortilla Ambrosia	Salmon Fillets w/ Balsamic Maple Glazed Wild Rice Pilaf Baby Carrots Lemon Pudding Orange-Pineapple Juice	Tomato Florentine Soup w/ SF Crackers Pork Loin w/ Gravy Sweet Potato Bake WW Roll Mixed Fruit Cup	Hearty Beef Stew Broccoli and Red Pepper Salad Cornbread Muffin Fresh Melon	Vegetarian Lasagna Mixed Salad (50/50 Mix, Red Cabbage & Diced Beets) Dressing Breadsticks Chocolate Chip Cookie Orange Juice
29	30	31		
Oven Roasted Beef w/ Gravy Mashed Potatoes California Vegetable Blend Whole Grain Bread Fresh Melon	Baked Pollack Topped w/ Pico de Gallo Mexican Rice Brussels Sprouts Canned Apricots	Rita's Spinach Casserole Romaine Salad w/ Red Wine Vinaigrette Whole Wheat Crackers Apple Crisp	Sponsored By:  Alignment Healthcare	Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00

All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & 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. Please note condiments are not analyzed and may increase sodium.

www.SeniorServ.org

