

MARCH/APRIL 2019

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

SENIOR SPOTLIGHT



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

**WI-FI
Network: SeniorCenter Password: WestSC#1**

FROM THE SENIOR CENTER SUPERVISOR

April is “*National Volunteer Month*”. This is the time that the Westminster Senior Center celebrates the volunteers who have dedicated their time, their talents and experience to the Senior Center.

We offer recreational activities which include Bingo, Bridge, Pool, Mexican Train Dominos, Chess, Sudoku, Pinochle, Longevity Stick, Friday Afternoon Dances and many other activities. If you need help in other areas, we offer Health and Wellness programs, Safety Seminars, consultations with Hi-Cap, Legal Aid, and an Attorney.

We offer a lunch program where we serve lunch five days a week in our dining room. We also have Volunteers who deliver meals to the homebound. We provide transportation for Westminster Residents to and from the Senior Center for a Nutritional Lunch Program. Once a week we offer trips to local businesses such as Wal-Mart, Big Lots, 99¢ Store, Traders Joe’s, Costco and others.

We have installed Wi-Fi at the Senior Center Network: **Senior Center Password: WestSC#1.**

Many of these programs would not be available without the help of Volunteers. The Westminster Senior Center would like to thank all our outstanding and committed volunteers who have helped us this past year.

Thank you to Humana Health Care for donating the cake for our birthday celebrations.

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.

March 13th
April 10th

Hours:

8:00 a.m.-10:00 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
(714) 895-2878
ext. 3675

Games & Groups

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

BRIDGE

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

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

CHESS

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

FRIDAY AFTERNOON GAMING FRIENDS

Meets every other Fridays (Long Fridays) from 12:00 p.m. to 4:00 p.m. Your welcome to bring some of your favorite board, card, and dice games and join in.

MEXICAN TRAIN DOMINOS

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

Pinochle

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

POOL ROOM

Open 5 days a week. All players are welcome!

SUDOKU

Meets Friday at 9:30 a.m.

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.-2:00 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



MARCH

FRIDAYS 9:15 a.m.

APRIL



March 1st

"Gifted"

Runtime: 1 hour 41 min.

Rated: PG-13

(2017) Drama

March 8th

"Marshall"

Runtime: 1 hour 58 min.

Rated: PG-13

(2017) Drama

March 15th

"Won't You Be My Neighbor"

Runtime: 1 hour 34 min.

Rated: PG-13

(2018) Documentary

March 22th

"Mark Felt:"

The Man who brought down the White House"

Runtime: 1 hour 50 min.

Rated: PG-13

(2017) Drama/History

March 29th

"Jumanji:"

Welcome to the Jungle"

Runtime: 1 Hour 59 Min

Rated PG13

(2017) Comedy

April 5th

"Darkest Hour"

Runtime: 2 hour 5 min.

Rated: PG-13

(2017) Drama

April 12th

"The Commuter"

Runtime: 1 hour 45 min.

Rated: PG-13

(2018) Action

April 19th

"The Case of Christ"

Runtime: 1 hour, 52 min

Rated: PG

(2017) Drama

April 26th

"I Can Only Imagine"

Runtime: 1 hour, 50 min

Rated: PG-13

(2018) Drama

SENIOR CENTER ACTIVITIES & EVENTS

We will be celebrating

Birthdays

April, May, and

June

Thursday,

May 23rd

at 11 a.m.

in the

Dining Room

Happy

Birthday

Entertainment



MOTHER'S DAY CELEBRATION



THURSDAY,

May 9th

11:00 a.m.

Dining Room

Entertainment by: *Tony Odell Rogers*

Tickets \$3.00

Come Dance

Friday Afternoons

12:00 p.m. to 2:00 p.m.



March 1, 15th and 29th

April 12th and 26th

\$3.00 entry fee

Refreshments are available for sale

Hawaiian Hula Basics

(Modern Style)

Thursdays

9:30 a.m. to 11:00 a.m.

You will learn basic hand and feet movements. Helps keep the body in motion and mind fit. 50 yrs+



Fee: \$32 plus \$5 material Fee

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

Professional Paralegals 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, April 17th

&

Wednesday, April 24th

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

***Pre-register at Front Desk**

CELL PHONE HELP

Wednesday, March 21st

Wednesday, April 24th

10:00 a.m.



Don't forget to....



March 10

Spring Forward!

HEALTH AND WELLNESS

**DIABETES SUPPORT
GROUP**

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

March 6th
“Medication Management”
April 3rd
“Weight Management”

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

EAT HEALTHY-BE ACTIVE

Nutrition Classes

Come and learn how to eat better
and be active to help prevent health
problems.

10:00 a.m. to 11:30 a.m.

Thursday, March 7th
(Build a Healthy Breakfast)
Thursday, April 11th
(Make Half Your Grains Whole Grains)

Senior Center Dining Room

**Senior Center Wi-Fi:
Network: SeniorCenter
Password: WestSC#1**



SAINT PATRICK'S

DAY PARTY

THURSDAY

MARCH 14TH

11:00 a.m.



Dining Room

Entertainment

Tickets \$3.00

EVENTS

APRIL

National Volunteer Month

This is the time that the Westminster Senior Center celebrates the volunteers who have dedicated their time and experience to the Senior Center and Community.

Volunteer Appreciation Celebration

Wednesday, April 24th at 3:00 P.M.

Individuals with 50 hours or more of volunteer participation in 2018 will be invited to this event.

YOU CAN MAKE A DIFFERENCE

VOLUNTEER

Westminster Senior Center is always looking for a few good Volunteers. If you would like Something to do your spare time.

We have an opportunity for you.

Contact our Senior Center Staff or call (714)895-2878



Coastline Community College

Adapted Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	9:30a.m.- 10:30 a.m.	N. Jaeger

Adapted Fitness

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



Dance Aerobics 2

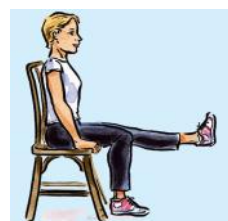
Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

Dance Aerobics 3

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

Dance Aerobics 4

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



Stretch & Flex

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

Tai Chi

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 Spring classes March 15th 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

Riverside Hotel & Casino

Monday-Wednesday, August 19-21, 2019



\$137 p/p double \$171 single


3 free buffets @ Hotel (2 breakfasts, 1 choice)

Special Laughlin fun Book

(Receive three 2 for1 Meal coupons at local casinos)

Depart 9:00 a.m.—Return approx. 6:00 p.m.

	Tuesday	Wednesday	Thursday	Friday
MARCH 2019				
				<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 Room</div> <div>9:15 Movie: "Gifted"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W Trip to H Mart Market</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>11:00 Mardi Gras Celebration-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>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 Support 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>9:30 Hula Dance Class-A/B Room</div> <div>10:00 Nutrition Class-DR</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-Room E/W</div> <div>9:15 Movie: "Marshall"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W Trip Costco</div> <div>11:30 Lunch</div> <div>OPEN 8:00AM -1:00PM</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>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>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>9:00 Legal Aid-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>12:30 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>9:30 Hula Dance Class-A/B Room</div> <div>10:30 Dance Aerobics 3-E/W Room</div> <div>11:00 St Patrick's Day Luncheon-DR</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-Room E/W Room</div> <div>9:00 Movie: "Won't You Be My Neighbor"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W. Trip to 99¢ Store</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>15</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>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-Room1</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>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>10:30 Adapted Fitness-E/W Room</div> <div>11:45 Lunch</div> <div>12:30 Mexican Dominos-A/B room</div> <div>12:45 Bingo</div> <div>20</div> <div>First Day of Spring</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room1</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>9:30 Hula Dance Class-A/B Room</div> <div>10:00 Cell Phone Help-DR</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>21</div> <div>9:00AM CAL OPTIMA Lobby</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: "Mark Felt: The Man Who Brought Down the White House "</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W Trip to Traders Joe's</div> <div>11:30 Lunch</div> <div>OPEN 8:00AM -1:00PM</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>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>11:45 Lunch</div> <div>12:30 Bunco-A/B Room</div> <div>12:45 Bingo</div> <div>27</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room1</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>9:30 Hula Dance Class-A/B 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>28</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 Room</div> <div>9:15 Movie: "Jumanji:"Welcome to the Jungle"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 3/4</div> <div>9:30 W.O.W Trip to Walmart Market</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>29</div>
COASTINE COLLEGE SPRING BREAK-March 25th thru March 29th				

Monday	Tuesday	Wednesday	Thursday	Friday
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-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 9:00 Crafts-Room 1 9:30 Stretch and Flex-A/B Room 10:30 Karaoke-DR 11:30 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 8:30 Tax Preparation-Room 10-11 9:30 Adapted Fitness-E/W Room 10:00 Diabetes Group- Room 5 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Mexican Train 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 Dance Aerobics 2-E/W Room 9:30 Hula Dance Class-A/B Room 10:30 Dance Aerobics 3-E/W Room 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 Room 9:00 Movie: "Darkest Hour" 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to Walmart 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 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-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 9:00 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 8:30 Tax Preparation-Room 10/11-LAST DAY 9:00 Legal Aid by Appointment 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-E/W Room' 11:45 Lunch 12:30 Bunco-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 Dance Aerobics 2-E/W Room 9:30 Hula Dance Class-A/B Room 10:00 Nutrition Class-DR 10:30 Dance Aerobics 3-E/W Room 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-E/W Room 9:15 Movie: "The Commuter" 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to 99¢ Store 11:30 Podiatry-By Appointment 11:30 Lunch <div>Open 8:00 AM-1:00 PM</div>
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 HI-Cap by Appointment 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-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 9:00 Crafts-Room 1 9:30 Stretch and Flex-A/B Room 10:00 Attorney by Appointment 10:30 Karaoke-DR 11:30 Tax Celebration 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 Driving Safety Class-Room 10/11 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:00 Mexican Train Dominos-A/B Room 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 9:00 Dance Aerobics 2-E/W Room 9:30 Hula Dance Class-A/B 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-E/W Room 9:00 Movie: "The Case for Christ" 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to Trader Joe's 12:00 Senior Dance-E/W Room 12:00 Board Games-10/11
HUNTINGTON BEACH ADULT SCHOOL ON SPRING BREAK APRIL 15TH THRU April 19th				
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 930 Adapted Fitness-E/W Room 10:30 Adapted Fitness-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 9:00 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 9:00 Driving Safety Class Room 10/11 9:30 Adapted Fitness-E/W Room 10:00 Cell Phone Help-DR 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Bunco-A/B Room 12:45 Bingo 3:00 Volunteer Appreciation Celebration	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 9:30 Hula Dance Class-A/B 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-E/W Room 9:15 Movie: "I Can Only Imagine" 9:30 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip Grocery Outlet 11:30 Lunch <div>Open 8:00 AM-1:00 PM</div>
7:30 Sunken Gardens Longevity Stick 8:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-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		<div>APRIL 2019</div>	



Alignment Healthcare



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Senior Lunch Menu – March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00  Vegetarian Meal				1  Homemade Lentil Soup Spinach & Mushroom Quiche Baby Baker Potatoes Ambrosia
4  Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla (1) Orange Juice Tropical Fruit Mix	5 Cream of Pumpkin Soup w/Salt-Free Crackers Turkey Wrap (Peppers, diced tomatoes, chopped romaine, & ranch dressing) Flour Tortilla Fruited Gelatin	** 6 ** Ash Wednesday Mrs. Friday's Breaded Pollock Potato Scallops Scandinavian Vegetable Blend Parker House Roll Fresh Fruit	7 Coconut Chicken Curry (w/Peas & Potato Curry Sauce) Brown Rice Oriental Vegetable Blend Pineapple Chunks	** 8 ** National Nutrition Month Celebration Baked Salmon w/Herb Sauce Rice Pilaf Chef Cut Vegetables WW Dinner Roll Melon
11 Grilled Hamburger (w/shredded lettuce, sliced tomato & onion) on a WW Bun Baked Chips Mayonnaise & Relish Melon	12 Chicken Fajitas (w/Fajita Vegetables) Pinto Beans Garden Green Veg Salad w/Italian Dressing Flour Tortilla (1) Tropical Fruit Mix	13 Tomato Florentine Soup w/Salt-Free Crackers Open Face Turkey San. (w/Turkey Gravy & Mashed Potatoes) on a WW Bread (1) Cranberry Sauce SF Cookie	**14** St. Patrick's Celebration Homemade Irish Corned Beef and Vegetables Irish Soda Bread Irish Cup Cake	**15** Corned Beef & Cabbage Whole Baby Potatoes Carrot Coins WW Dinner Roll Pistachio Pudding
18 Egg Drop Soup w/Salt-Free Crackers Chinese Chicken Salad (Napa cabbage, red cabbage, shredded carrots, mandarin oranges, slivered almonds & sesame dressing) WW Dinner Roll Canned Pineapple	19 Mexican Fiesta Beef Casserole Spanish Rice Pinto Beans Orange Juice SF Fruit Crisp	20 Homemade Beef Stew (w/Potato & Stew Veggies) Winter Vegetable Blend Biscuit Melon	21 Orange Chicken w/Orange Glaze Sauce Brown Rice Brussel Sprouts Pudding	22  Pasta Primavera w/Romesco Broccoli & White Bean Salad 50/50 Salad Mix w/Red Wine Vinaigrette Breadstick Fruited Gelatin
25 Pork Tenderloin w/Apricot Sauce Baby Baker Potatoes Carrot Coins WW Dinner Roll Ambrosia	26 Chicken Enchilada Casserole Spanish Rice Zucchini, Corn & Tomato Salad Melon	27 Beef Bolognese Pasta w/Parmesan Cheese 50/50 Salad w/Vinaigrette Orange Juice Breadstick SF Fruit Crisp	28 Homemade Vegetable Soup Grilled Chicken w/Lemongrass Sauce Steamed Rice Oriental Vegetable Blend Fresh Fruit	29 Fish Tacos w/Shredded Red & White Cabbage Soft Corn Tortillas (2) Cilantro Lime Rice Pudding

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 Desserts 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% trans-fat 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