

**NOVEMBER/DECEMBER 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**

## 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

Richard Jolly  
(714)323-1423

Henry Weil  
(714) 891-2625

Pamela Robinson  
(714)837-4231

## Senior Center Staff

**(714) 895-2878**

## Westminster Senior Center Foundation

SENIOR SERVICES SUPERVISOR

Claire Amyx

RECREATION COORDINATOR

Jaime Terrible  
Judy Carrion

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

President	Shaun Miller	(714) 308-3585
Vice President	Roger Yovan	(714) 775-7441
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

*Senior Center Hours*  
Monday-Thursday 7:30 a.m.-5:30 p.m.  
Alternate Fridays 7:30 a.m.-4:30 p.m.  
8:00 a.m.-1:00 p.m.

## FROM THE SENIOR CENTER SUPERVISOR

It is time to enjoy the cooler weather and all the special events that will take place at the Senior Center till the end of the year.

We will be offering free flu shots on Wednesday, November 6<sup>th</sup> from 9:00 a.m. – 11:00 a.m. We will honor our Veterans on Monday, November 11<sup>th</sup> with a special luncheon beginning at 11:00 a.m. Veterans will eat for free. Tickets will be at the front desk for the Veterans and all others may purchase a ticket at the front desk for \$3.00.

Our Thanksgiving Day party will be Thursday, November 21<sup>st</sup> at 11:00 a.m. with entertainment by Tony Odell Rogers. Tickets will be on sale at the front desk. Also, our Holiday party will be on Thursday, December 12<sup>th</sup> at 11:00 am with entertainment by the Vixen Quartet. Tickets will be on sale at the front desk for \$3.00.

We will be selling See's Candies until Monday, December 2<sup>nd</sup>. This is a fundraiser for the Center and it also saves you a little money by purchasing through the Center instead of a See's store.

We will be having a Yarn Spinner Boutique from Monday, November 18<sup>th</sup> – Friday, November 22<sup>nd</sup> from 8:00 a.m. to 1:00 p.m. They will be showcasing their many beautiful handmade items. We will be having a Holiday Boutique in the lobby beginning Monday, December 2<sup>nd</sup> – Friday, December 20<sup>th</sup>. We will be selling items for the holidays, jewelry, household items and beautiful decorative pieces. If you have items to donate, please bring them to the Center.

We will be offering many seminars throughout the months of November and December to our Seniors. Also, we will be having quite a few fun activities in the month of December to prepare for the holidays. If you have any questions, please feel free to contact the front desk.

Our goal has been to provide programs and services to all our Seniors, and we hope we have accomplished that this year. I would like to thank the staff and volunteers that make these services possible.

Wishing you all a wonderful Holiday Season and a happy and healthy New Year!

*Claire Amyx*  
*Senior Center Supervisor*

## Helpful Phone 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

**NON-EMERGENCY**  
**TRANSPORTATION**  
**OCTA (Access van)**  
**(714) 560-5888**  
**(Sign up required)**

**ABRAZAR**  
**(714)891-9500**  
**(non-emergency medical only)**

## SENIOR CENTER PROGRAMS



### Meals on Wheels Orange County

New name!

Same Great Services!

Committed to erasing hunger  
and loneliness for older  
adults in the communities.

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.

**November 13th  
& December 11th**

#### 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 West-  
minster. 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 shut-  
tle stops for the shopping  
time of 1 1/2 hours at  
Albertsons, 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

### UKULELE CLUB

**Monday & Thursday**  
1:00 p.m. - 3:00 p.m. - Room 1



### 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 \$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 Friday (Long Fridays) from 12:00  
p.m. to 4:00 p.m. You are 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 8:00 a.m.

### POOL ROOM

Open 5 days a week. All players are welcome!



### SUDOKU

Meets every 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**

### ACCORDION CLUB

Every other Friday (Long Friday's)  
1:00 p.m. - 3:00 p.m. - Room 1



## FRIDAY MOVIES

FRIDAYS 9:15 a.m.

### NOVEMBER

**November 1st**

**"Book Club"**

Run Time: 1 hour 44min.

Rated: PG-13

(2018) Comedy

**November 8th**

**"Breathe"**

**(9:00 a.m. start time)**

Run Time: 1 hour 58 min.

Rated: PG-13

(2017) Drama/Bio

**November 15th**

**"The Old Man & the Gun"**

Run Time: 1 hour 33 min.

Rated: PG-13

(2018) Comedy/Bio

**November 22nd**

**"Let There Be Light"**

Run Time: 1 hour 40 min.

Rated: PG-13

(2017) Drama

### DECEMBER

**December 6th**

**"Daddy's Home 2"**

Run Time: 1 hour 40 min.

Rated: PG-13

(2017) Comedy

**December 13th**

**"The Star"**

Run Time: 1 hour 26 min.

Rated: PG

(2017) Animation

**December 20th**

**"Born In China"**

Run Time: 1 hour 19 min.

Rated G

(2017) Documentary





## SENIOR CENTER ACTIVITIES & EVENTS

### Veterans Day Lunch

Monday, November 11th.  
Dining Room, 11:00 a.m.  
Tickets available at the front  
desk for \$3.00. Veterans eat free!



We will be celebrating  
birthdays for October,  
November, and December.  
Entertainment by George Ines Rossi



Thursday, November 14th  
Dining Room 11:00 a.m.



Thursday, November 21st  
11:00 a.m.

Dining Room

Entertainment by:

Tony Odell Rogers

*Tickets \$3.00*

*Holiday  
Celebration*

Thursday, December 12th  
11:00 a.m.

East/West Room

Entertainment by:

Vixen Quartet

*Tickets \$3.00*



Yarn Spinners  
Holiday Boutique

Monday, November 18th -  
Friday, November 22nd.  
9:00 a.m. - 1:00 p.m.  
Senior Center Lobby

Senior Center  
Holiday Boutique

Monday, December 2nd -  
Friday, December 20th.

Monday - Friday  
8:00 a.m. - 4:00 p.m.  
Friday, December 13th  
8:00 a.m. - 12:30 p.m.  
Senior Center Lobby



## SENIOR CENTER SERVICES & EVENTS

### ATTORNEY

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

#### **When:**

3<sup>rd</sup> Tuesday of every month.

#### **Time:**

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

3<sup>rd</sup> Monday of every month.

#### **Time:**

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

### LEGAL AID

Professional Paralegals provides legal advice and referrals.

#### **When:**

2<sup>nd</sup> Wednesday 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:**

1<sup>st</sup> Friday of every other month. (October & December)

Appointments begin at 11:45 a.m.

(by appointment only)

### CalOPTIMA

#### **When:**

3<sup>rd</sup> Thursday of every month.

#### **Time:**

9:00 a.m. - 11:00 a.m.  
In the Lobby

### 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

### Community Workshops For District-Based Elections

The city is hosting public workshops regarding the transition from at-large elections to districts. All community members and interested stakeholders are encouraged to stop by and learn about the process, meet the demographer, and provide input about "communities of interest" and the composition of districts.

Community Services & Recreational Building  
A/B Room  
Tuesday, December 3<sup>rd</sup> &  
Thursday, December 5<sup>th</sup>  
6:00 p.m. - 8:00 p.m.



### *Come Dance*



Friday Afternoons

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

November 8<sup>th</sup> and 22<sup>nd</sup>

December 20<sup>th</sup> - Holiday Dance  
(December 6<sup>th</sup> - Cancelled)

\$2.00 entry fee

Refreshments are available for sale.

### *Karaoke*

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays  
Join us in the Dining Room  
at 10:30 a.m.



November 5<sup>th</sup> & 19<sup>th</sup>, December 3<sup>rd</sup> & 17<sup>th</sup>

HEALTH AND WELLNESS



**FLU SHOTS!**

**NO CHARGE!**

*Wednesday, November 6th*

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

*Room 3/4*

**DIABETES SUPPORT  
GROUP**

**FIRST WEDNESDAY  
OF EACH MONTH**

**10:00 a.m.-11:30 a.m.**

*November 6th*  
**"Diabetes Distress"**

*December 4th*  
**"Diabetes Game"**

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

**HICAP Counselors will  
be at the Senior Center  
to help with open  
enrollment.**

**Please make an appointment  
at the front desk.**

**Wednesday, November 13th**  
**9:00 a.m. - 1:00p.m.**

**OC Health Care Agency**

**Presents:**

**Wednesday, November 6th**  
***"Build A Healthy Meal"***

**Wednesday, December 4th**  
***"Be Food Safe"***

**Seminars are 10:00 a.m. - 11:30 a.m.**  
**Dining Room**

**CSUF SCHOOL OF NURSING**

**Presents:**

***"Water Safety in the Community and  
at home for the older adult."***

**Thursday, November 7th**

**Dining Room at 10:00 a.m.**



**BROWN BAG MEDICATION**

**One on One Medication Review**

Are you taking prescription medications,  
buying over the counter medication,  
vitamins and nutritional supplements? Are  
you taking them correctly?

Make an appointment to meet with  
Pharmacist Bill Liu DBCGP on a one on one  
basis to assess your medications for  
efficacy, appropriateness, and alert you to  
side effects and identify any potential drug  
interaction.

Remember to bring all your medications and supplements  
or a detailed list of what you are taking. Bring a  
list of your questions.



**Thursday, November 7th**

**10:00 a.m. to 12:30 p.m.**

***Make your appointment at the front desk.***



## HELPFUL INFORMATION

### ***See's Candies Fundraiser***

*The perfect gift for family and friends  
this holiday season.*

**On sale at the front desk  
Monday, October 14th -  
Monday, December 2nd.**

**See's  
CANDIES**

## CELL PHONE HELP

Westminster High School  
students will be here to help!

*Thursday, November 7th*

*Thursday, December 5th*

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



## **AARP Smart DriverTEK Workshop**

**Monday, November 4th**

**10:00 a.m. Dining Room**

**Join us for a 90 minute workshop  
offering an interactive way to  
stay up to date with the latest  
safety technology in your  
current or future car.**



## **"Driver Safety"**

**Presented by:**

**The DMV Ombudsman Program**

**Tuesday, November 19, 2019**

**10:00 a.m. Dining Room**

The DMV Senior Ombudsman Program will educate Senior Drivers on how to maintain their driving independence for as long as they can safely do so. Additionally information will be provided regarding the Real ID.

## **A LOOK AHEAD**

**Wednesday, January 15th - Osteoporosis Seminar**

**Friday, January 17th - Red Hat Society Meeting**

**Wednesday, January 22nd - Brown Bag**

**Thursday, January 23 - Lunar New Year Celebration**

**Friday, January 31 - Enchanted Tea Party**

**And so much more for the  
upcoming year!**

**Please check back with us and  
have a safe and happy holiday  
from all of us at the  
Westminster Senior Center!**



**Fair Housing**

Foundation will be here handing out brochures and providing information on  
**Thursday, November 21st.**

# CLASSES

## Coastline Community College

### Adapted Fitness

Looking for a class? Coastline College offers fitness classes at the Westminster Senior Center with no charge! Fall classes will be held from August 26, 2019 to December 13, 2019.

Day	Time
Monday	10:30 a.m.- 12:00 p.m.
Wednesday	10:30 a.m.- 12:00 p.m.
Monday/Wednesday	9:30 a.m. - 10:30 a.m.



Coastline Community College classes are offered at no cost. For more information about enrollment, please Contact Coastline's Special Programs and Services Office at (714) 241-6214.

## City of Westminster Recreation Department

### Fee-Based Senior Fitness Classes

The following classes are fee-based and require advance registration through the Community Services and Recreation Department. Please call 714-895-2860 for registration information.

Stretch & Flex	Tuesday	9:30 a.m.
Aerobic Line Dancing 4/5	Tuesday & Thursday	12:45 p.m.
Aerobic Line Dancing 2/3	Thursday	9:00 a.m.
Aerobic Line Dancing 3/4	Thursday	10:30 a.m.

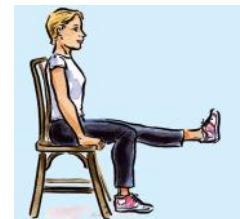


### Senior Fitness

Join one of the following FREE weekly exercise classes designed specifically for older adults.

#### Longevity Stick/Tai Chi

Day	Time	Location
Monday-Friday	7:30 a.m. - 8:30 a.m.	Sunken Gardens
Monday/Thursday	9:00 a.m. - 10:00 a.m.	Senior Center
Friday - Tai Chi	8:30 a.m. - 9:30 a.m.	Senior Center



**\* ALL CLASSES ARE HELD AT THE CITY OF WESTMINSTER SENIOR CENTER\***

## SENIOR CENTER TRIPS

### HOLIDAY FUN



*Happy Holidays*



Monday, November 18th - Friday, November 22nd - Yarn Spinners Holiday Boutique Sale in Lobby

Monday, December 2nd - Friday, December 20th - Holiday Boutique Sale in Lobby

Monday, December 2nd - Christmas Tree Decorating with refreshments, Dining Room, 10:00 a.m.

Monday, December 9th - Holiday Card Decorating, Dining Room, 10:00 a.m.

Tuesday, December 10th - Holiday Cookie Decorating, Dining Room, 10:00 a.m.



Thursday, December 12th - Holiday Party, East/West Room, 11:00 a.m.

Thursday, December 19th - Create your own floral arrangement to take home, Dining Room, 10:00 a.m.

### Holiday Movie Mondays!

All movies will be held in Room 10/11 at 9:00 a.m.

Monday, November 25th - *"Grumpy Old Men"* (1993) PG-13

Monday, December 16th - *"It's A Wonderful Life"* (1946) PG

Monday, December 23rd - *"The Holiday"* (2006) PG-13

### OVERNIGHT TRIPS



#### Laughlin-Riverside

#### **LAUGHLIN GETAWAY**

Riverside Hotel and Casino

Monday-Wednesday, December 2nd - 4th, 2019




\$137 p/p double, \$171 single

3 free buffets at hotel (2 breakfasts, 1 choice)

"Special" Laughlin FUNBOOK

(receive three 2 for 1 meal coupons at local casinos)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<div>NOVEMBER</div> <div>2019</div> 			<div>See's Candies Fundraiser</div> <div>On sale at the front desk</div> <div>through Monday,</div> <div>December 2nd.</div> <div>See's CANDIES.</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: "Book Club"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W Trip to Costco</div> <div>11:30 Lunch</div> <div>OPEN 8:00AM -1:00PM</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>1:00 Ukulele Club-Room 1</div> <div>AARP Smart DriverTEK Workshop</div> <div>10:00 AM Dining Room</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>11:45 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>9:00 Flu Shots-Room 3/4</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-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing E/W Room</div> <div>"Build A Healthier Meal" Seminar</div> <div>10:00 AM-11:30AM</div> <div>Dining Room</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 Brown Bag by Appointment</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</div> <div>10:00 AM-12:00 PM</div> <div>"Water Safety" Seminar</div> <div>10:00 AM</div> <div>Dining 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>9:00 Movie: "Breathe"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W Trip to 99 Cent Store</div> <div>11:30 Lunch</div> <div>12:00 Dance-E/W Room</div> <div>12:00 Board Games-Room 10/11</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-Cancelled</div> <div>10:30 Adapted Fitness-Cancelled</div> <div>11:00 Veterans Day Lunch</div> <div>12:15 Bridge-Room 10</div> <div>12:45 Bingo</div> <div>1:00 Ukulele Club-Room 1</div> <div>Honoring ALL WHO served</div> <div>THANK YOU VETERANS</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-DR</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>1:00 Yarn Spinners-Room 1</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>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-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing-E/W Room</div> <div>HICAP Counselor By Appt</div> <div>9:00 AM-1:00 PM</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>11:45 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>Birthday Celebration</div> <div>11:00 AM</div> <div>Dining 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>9:15 Movie: "The Old Man &amp; the Gun"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W. Trip to Trader Joe's</div> <div>11:30 Lunch</div> <div>OPEN 8:00AM -1:00PM</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>1:00 Ukulele Club-Room 1</div> <div>Yarn Spinners Holiday Boutique Sale</div> <div>11/18-11/22</div> <div>Lobby</div> <div>8 AM - 1 PM</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>"Driver Safety" DMV Ombudsman Program</div> <div>10:00 AM</div> <div>Dining Room</div> <div>19</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</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 Train Dominos-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing-E/W Room</div> <div>20</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>11:00 Thanksgiving Celebration</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>1:00 Ukulele Club-Room 1</div> <div>Fair Housing Lobby</div> <div>9:00 AM</div> <div>CalOptima Lobby</div> <div>9:00 AM-11:00 AM</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: "Let There Be Light"</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W Trip to A.R. Super Market</div> <div>11:30 Lunch</div> <div>12:00 Dance-E/W Room</div> <div>12:00 Board Games-Room 10/11</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 Movie: "Grumpy Old Men"</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>1:00 Ukulele Club-Room 1</div> <div>25</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Pinochle Play-Room 5</div> <div>8:30 ESL-Cancelled</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>26</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</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-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing-E/W Room</div> <div>27</div>	<div>Happy Thanksgiving</div> <div></div> <div>We are closed today</div> <div>28</div>	<div></div> <div>29</div>



Monday	Tuesday	Wednesday	Thursday	Friday
<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>1:00 Ukulele Club-Room 1</div> <div>2</div> <div>Christmas Tree Decorating Dining Room 10:00 AM</div> <div>Laughlin Getaway 9:00 AM</div> <div>Holiday Boutique Sale Today through Friday, December 20th Lobby</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>11:45 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>3</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</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-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing-E/W Room</div> <div>4</div> <div>Be Food Safe Seminar 10:00 AM-11:30AM Dining Room</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-A/B Room</div> <div>10:00 Cellphone Help-Room 10</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>5</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: Daddy's Home 2</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W. Trip to 99 Cent Store</div> <div>11:30 Lunch</div> <div>11:45 Podiatrist by Appointment</div> <div>12:00 Dance-Cancelled</div> <div>12:00 Board Games-Room 10/11</div> <div>6</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>1:00 Ukulele Club-Room 1</div> <div>9</div> <div>Holiday Card Decorating Dining Room 10:00 AM</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-Cancelled</div> <div>9:30 Stretch and Flex-A/B Room</div> <div>11:45 Lunch</div> <div>12:30 Chess Club-Dining Room</div> <div>12:45 Dance Aerobics 4-E/W Room</div> <div>1:00 Yarn Spinners-Room 1</div> <div>10</div> <div>Holiday Cookie Decorating Dining Room 10:00 AM</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</div> <div>8:00 Commodities</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-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing-E/W Room</div> <div>11</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-A/B Room</div> <div>10:30 Dance Aerobics 3-E/W Room</div> <div>11:00 Holiday Party</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>12</div> <div>HOLIDAY PARTY</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: The Star</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W. Trip to Trader Joe's</div> <div>11:30 Lunch</div> <div>Open 8:00 AM-1:00 PM</div> <div>13</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 Movie: It's A Wonderful Life</div> <div>9:30 Adapted Fitness-E/W Room</div> <div>9:00 HI-Cap by Appointment</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>1:00 Ukulele Club-Room 1</div> <div>16</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-Cancelled</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>17</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Yarn Spinners-Room 1</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 Train Dominos-Room 10</div> <div>12:45 Bingo</div> <div>3:30 Intro to Line Dancing-E/W Room</div> <div>18</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-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>1:00 Ukulele Club-Room 1</div> <div>19</div> <div>Floral Decorating Dining Room 10:00 AM</div> <div>CalOptima Lobby 9:00 AM-11:00 AM</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: Born In China</div> <div>9:30 Morning Bingo</div> <div>9:30 Sudoku-Room 2</div> <div>9:30 W.O.W. Trip to Big Lots</div> <div>11:30 Lunch</div> <div>12:00 Dance-E/W Room</div> <div>12:00 Board Games-Room 10/11</div> <div>20</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 Movie: The Holiday</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>1:00 Ukulele Club-Room 1</div> <div>23</div>	<div>7:30 Sunken Gardens Longevity Stick</div> <div>8:00 Pinochle Play-Room 5</div> <div>8:30 ESL-Cancelled</div> <div>9:00 Crafts-Cancelled</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>24</div>	<div>25</div> <div>26</div> <div>We will be closed for the Holidays.</div> <div>HAPPY HOLIDAYS</div>		<div>27</div>
<div>30</div> <div>We re-open Thursday, January 2nd.</div>		<div>31</div>	<div>Holiday Boutique Sale Monday, December 2nd through Friday, December 20th in the Lobby.</div> <div>DECEMBER 2019</div> <div>Happy New Year</div>	



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Alignment Healthcare

## Senior Lunch Menu – NOVEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suggested Donation - \$3.00</b>  <b>Meal Cost for Under Age 60 - \$5.00</b>  <b>Meatless Meal</b>				<b>1</b> Cranberry Basil Chicken Salad w/ "Yogurt" Dressing Served on Fresh Spinach WW Dinner Roll w/Promise Cantaloupe
<b>4</b>	<b>5</b>	<b>6</b>	<b>** 7 **</b>	<b>8</b>
Vegetarian Lasagna Spring Mix Salad w/Garbanzo & Dressing Orange Pineapple Juice Italian Ice	Chicken Breast w/ Cilantro Lime Sauce Pinto Beans Spinach Orange Juice Diet Pudding	Tomato Florentine Soup w/SF Crackers Mediterranean Tuna Salad (Chopped bell peppers, olives, cucumber, & egg) on Spring Mix WW Bread w/Promise Ambrosia	Oven Roasted Beef w/Gravy Mashed Potatoes Chef's Cut Vegetables WW Roll w/Promise Apple Pie w/SF Ice Cream	Sweet & Sour Pork (cubed) Broccoli Spears & Sliced Carrots Steamed Rice Fresh Melon
<b>** 11 **</b>	<b>12</b>	<b>13</b>	<b>** 14 **</b>	<b>15</b>
<b>Veterans Day</b> <b>Senior Center Meal</b> <b>Hamburgers</b> <b>Potato Salad</b> <b>Beans</b> <b>Ice Cream Sundaes</b>	Chicken Breast w/Lemon Herb Sauce Baked Potato w/Sour Cream Sliced Carrots SF Custard	Veggie Chili w/SF Crackers w/Chopped Onions & Shredded Cheese Tossed Green Salad w/Vinaigrette Dressing Corn Muffin Mandarin Oranges	Baked Fish w/ Pesto Sauce Spanish Rice Green Beans WW Dinner Roll w/Promise Orange Pineapple Juice Fruit Crisp	Cream of Pumpkin Soup w/SF Crackers Chicken Deli Sandwich w/Lettuce & Tomato on WW Bread (2) [Mayo] Tropical Fruit Mix
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>** 22 **</b>
Beef Chunks w/Burgundy Sauce Mashed Potatoes Brussel Sprouts SF Fruited Gelatin	Split Pea Soup w/SF Crackers Farro w/Butternut Squash Salad Cherry Tomato Salad w/Shredded Mozzarella SF Cookie	Egg Drop Soup w/SF Crackers Stir-Fry Chicken w/Chow Mein Sauce Brown Rice Oriental Vegetable Blend Fruit Crisp	<b>Thanksgiving Celebration</b> <b>Senior Center Meal</b> Turkey / Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Dinner Roll Pumpkin Pie	Roast Turkey w/Gravy Cornbread Stuffing Yams w/Marshmallows Parker Roll w/Promise Cranberry Sauce Pumpkin Pie w/Whip Topping
<b>25</b>	<b>26</b>	<b>** 27 **</b>	<b>** 28 **</b>	<b>** 29 **</b>
Tortilla Soup w/SF Crackers Mexican Chicken Bowl (Rice, corn, black beans, spring mix, tomatoes, shredded cheese, tortilla strips & cilantro lime dressing) Banana	Savory Tomato Braised Tilapia Wild Pilaf Rice Peas & Carrots Ambrosia	<b>Thanksgiving BRUNCH</b> Ham & Broccoli Quiche Redskin Potatoes Romaine Salad topped w/Cranberries, Mandarin Oranges & Dressing Pecan Pie		<b>C L O S E D</b> 

All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts 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 & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

[www.SeniorServ.org](http://www.SeniorServ.org)