














September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Centers will be CLOSED 9/2</p> 	<p>BBQ CHICKEN 3 Cream of Mushroom Soup Whole Grain Roll Yams** Coleslaw* Banana</p> 	<p>BEEF LASAGNA 4 Whole Grain Dinner Roll Green Beans Romaine Salad Pineapple & Mango*</p>	<p>LEMON PEPPER CHICKEN 5 Butternut Squash Soup Barley Whole Grain Bread Vegetable Blend* Spinach Salad** Pear</p> 	<p>BAKED FISH VERACRUZ 6 OR SWEET AND SOUR PORK Whole Grain Bread Zucchini & Yellow Squash Mashed Potatoes Carrot & Raisin Salad** Strawberries <u>or</u> Kiwi*</p>
<p>CHICKEN CHIPOTLE 9 Whole Grain Bread Brown Rice Yams** Mixed Green Salad Cantaloupe***</p>	<p>BEEF CHILI MAC 10 Sauteéd Spinach** Marinated Tomato & Bell Pepper Salad* Cinnamon Applesauce</p>	<p>HONEY MUSTARD CHICKEN 11 Split Pea Soup Whole Grain Roll Winter Squash** Broccoli* Banana</p> 	<p>SWEDISH BEEF MEATBALLS 12 Vegetable Soup Egg Noodles Whole Grain Bread Carrots** Cucumber Salad Pineapple & Mango*</p> 	<p>BAKED FISH W/ CRUMB TOPPING 13 OR SPINACH QUICHE Barley Pilaf Harvard Beets Coleslaw* Butterscotch Pudding Grape Juice</p>
<p>CHICKEN MOLE 16 Spanish Rice Tortilla Mexican Corn Lettuce w/ Tomato Flan Orange Juice*</p> 	<p>CRISPY CHICKEN 17 Corn Chowder Whole Grain Bread Sweet Potato*** Romaine Salad Banana</p> 	<p>BEEF MEATLOAF 18 Tomato Basil Soup Parsley Buttered Noodles Whole Grain Bread Seasoned Carrots** Mesclun Salad Orange*</p> <p><i>Blaisdell Birthdays</i></p>  	<p>SOFT CHICKEN TACO 19 Seasoned Brown Rice Flour Tortilla Pinto Beans Coleslaw* Chocolate Chip Cookie Grape Juice</p> <p><i>Joslyn Birthdays</i></p> 	<p>BAKED FISH W/ DILL SAUCE 20 OR BBQ PORK Whole Grain Wheat Bread Macaroni Salad Green Beans Marinated Cucumber Salad Cantaloupe*** Apple Juice</p>
<p>CHICKEN PARMESAN 23 Whole Wheat Spaghetti Garlic Bread Broccoli Slaw* Winter Squash** Banana</p>	<p>BEEF FAJITAS 24 Seasoned Brown Rice Flour Tortilla Pinto Beans Spinach Salad w/ Mandarin Oranges*** Pear</p>	<p>CHICKEN DIVAN 25 Vegetable Soup Barley w/ Herbs Green Beans Corn Coleslaw* Peaches</p> 	<p>BEEF STUFFED PEPPER 26 Whole Grain Dinner Roll Mashed Potatoes Tossed Salad Pineapple & Mango*</p>	<p>BAKED FISH W/ CRUMB TOPPING 27 OR OMELET W/ PEPPERS & ONION Whole Grain Wheat Bread Yams** Mesclun Salad Chocolate Pudding Orange Juice*</p>
<p>BEEF TACO 30 Corn Tortilla Spanish Brown Rice Black Beans Lettuce & Tomato Salad Cantaloupe***</p>				


JOSLYN CENTER • Serves at 11:30 a.m.
660 N. Mountain Ave. • Mon. – Fri., 9 a.m. - 5 p.m.
(909) 399-5488 • www.claremontca.org

BLAISDELL CENTER • Serves at 12:00 p.m.
440 S. College Ave. • Mon. – Fri., 10 a.m. - 2 p.m.
(909) 399-5367 • www.claremontca.org

FOR YOUR SAFETY:
The Los Angeles County on aging prohibits any removal of food or beverages from the lunch site. Consuming food or beverages that have not been kept at proper heating and cooling temperatures can be harmful to your health. Food Service Standard. Operating Procedures (Policy: D2.C-29).

NO RESERVATIONS:
Lunch is served on a "first come first served" basis. To ensure a meal, it is suggested to arrive about an hour before service. Menu may be subject to change without notice.

Birthday Sponsor:
Claremont Sunrise Rotary



This program is funded, in part, by the Los Angeles County Area Agency on Aging.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Needle Art 9:00 Mahjong 9:00 Food Bank (2 nd) 9:15 Overeaters Anon. 9:35 Chair Exercise (H) 10:00 Bone Builders* (H) 10:30 Reminiscing w/ Friends 11:00 Arthritis Exercise 1:00 Mac Users (2 nd) 1:30 Joslyn Readers (3 rd) 1:30 Beg. Balance Class 6:00 Survivors of Suicide Loss (2 nd /4 th)	8:00 Walking Group 9:00 White Cane Society 9:00 Core Strength 10:00 Arthritis Exercise 10:00 Overeaters Anon. 10:00 Bone Builders* (H) 10:30 Blood Sugar (1st) 10:30 Lipreading 12:00 Pinochle 12:30 Food Pantry 1:00 Adv. Bridge: Drop-in 1:30 Bridge (B) 1:30 Card Making 1:30 All the World's a Stage** 2:30 Art Journaling 3:30 Restore Yoga 3:30 Teen Techies (3rd) (YAC) 7:00 Computer Club Mtg	9:00 Hawaiian Dance 9:00 Writing Workshop* 9:00 Bone Builders 9:30 Int. Bridge: Drop-in 9:35 Chair Exercise (H) 10:00 Bone Builders *(H) 10:30 Bone Builders 10:30 Easy Dance Aerobics 10:30 Karaoke (3rd) 12:00 Beg. Line Dance 12:30 Breathing Buddies(1st)(H) 12:30 Bridge 1:00 Chess Club 1:00 Adv. Plus Bridge Class 1:00 Beg. Tai Chi & Qi Gong 1:30 Beg. Balance Class 2:30 Shakespeare for Everyone** 3:00 Int. Balance Class 3:30 Bereavement Support 6:30 Caregiver Support	8:00 Walking Group 9:00 Int. Line Dance 9:15 Current Events 9:30 Creative Memoirs 10:00 Easy Yoga 10:00 Bone Builders (H) 11:00 Chair Exercise (B) 12:00 Knitting Group 12:30 Food Pantry 12:30 German** 1:00 Duplicate Bridge 1:00 Joslyn Jammers 1:30 Reading About Money (1 st) 3:30 Comedy Improv 3:30 Bereavement Support	9:00 Art Group 9:00 Bone Builders* 9:35 Chair Exercise (H) 10:00 Watercolor (1 st & 3 rd) 10:30 Bone Builders* 12:00 Overeaters Anon. 12:30 Bingo (B) 12:30 Movies (2 nd & 4 th) 12:30 Easy Tap Dance 1:00 Computer Workshop 1:00 Smarter Seniors w/ Cell Phones (3 rd) 1:00 Mahjong 3:00 Poetry 4:00 Core Strength
				SATURDAY
				10:00 Parkinson's Explorers (2 nd)
				SUNDAY
				4:30 Petanque (LP)

All activities are located at the Joslyn Center unless otherwise noted. Please refer to the Claremont Human Services Recreation Brochure for complete details. Register online at www.claremontrec.com.

(B) Blaisdell, (H) Hughes Center, (LP) Larkin Park, (YAC) Youth Activity Center
* Waitlist, ** Claremont Adult School Activity

SPECIAL EVENTS

Artist Talk: Terry Givens & Creating After Retirement

Join local artist Terry Givens in an exploration of his ink and pencil work, which is inspired largely by Claremont's Rancho Santa Ana Botanic Garden. Participate in a discussion led by the artist about being creative and finding fulfillment in your golden years. Copies of his books, which contain compilations of his drawings by the seasons, will be available for purchase. Pre-registration is encouraged. Location: Joslyn Center.

Adults Tue 9/24 12:30 p.m. - 1:30 p.m. FREE

Afternoon Knowledge Lecture Series: Self-Empowerment for Seniors & People w/Disabilities

Learn about resources in the community that can help you successfully live in place, such as transition and diversion services and the process of transitioning from a nursing home back into the community. Pre-registration encouraged. Location: Joslyn Center. Presented by: Service Center for Independent Life.

Ages 55 + Tue 9/10 12:30 p.m. - 1:15 p.m. FREE

Afternoon Knowledge Lecture Series: Managing Caregivers Stress

Caring for a loved one and patients can be overwhelming. This workshop focuses on the signs and causes of caregiver stress that lead to burnout and gives practical tips for managing stress. Pre-registration encouraged. Location: Joslyn Center. Presented by: VNA Hospice & Palliative Care of SoCal.

Ages 55+ Tue 9/17 12:30 p.m. - 1:15 p.m. FREE

Presenting Sponsor:



Inter Valley Health Plan

Medicare plans for health. Not for profit.

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HUGHES CENTER

1700 Danbury Rd.
Mon. - Thurs., 9 a.m. - 9 p.m.,
Fri., 9 a.m. - 6 p.m.,
Sat., 9 a.m. - 2 p.m.
(909) 399-5490

www.claremontca.org