

October 2019



CLAREMONT
SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHICKEN ALFREDO 7 Whole Grain Penne Pasta Spinach** Mesclun Salad Strawberries or Kiwi*</p>	<p>TUNA SALAD 1 Chicken Noodle Soup Whole Grain Bread Broccoli Slaw* Mixed Salad Greens Oatmeal Raisin Cookie</p>	<p>SPAGHETTI W/ TURKEY MEAT SAUCE 2 Whole Grain Bread Carrots** Romaine Salad Orange*</p>	<p>CHICKEN A LA MORRISON 3 Barley Pilaf Whole Grain Bread Brussels Sprouts* Spinach Salad w/ Mushroom** Applesauce</p>	<p>BAKED FISH W/ LEMON SAUCE OR BBQ PULLED PORK SANDWICH 4 Whole Grain Roll Mashed Potatoes Marinated Tomato & Green Pepper Salad* Grapes or Pear</p>
<p>CHICKEN ALFREDO 7 Whole Grain Penne Pasta Spinach** Mesclun Salad Strawberries or Kiwi*</p>	<p>BEEF HAMBURGER 8 Lentil Soup Potato Salad Sliced Lettuce & Tomato Cantaloupe or Tangelo*</p>	<p>ROTISSERIE CHICKEN 9 Whole Grain Roll Harvard Beets Sweet Potato** Coleslaw* Banana</p>	<p>PORK CHOP SUEY 10 Albondigas Soup Brown Rice Broccoli Marinated Tomato Salad* Peaches</p>	<p>BAKED FISH W/ CRUMB TOPPING OR VEGETABLE QUICHE 11 Barley w/ Herbs Whole Grain Roll Butternut Squash** Spinach Salad w/ Mandarins Tapioca Pudding Grape Juice</p>
<p>BEEF TACO SALAD 14 Brown Rice Pinto Beans Lettuce, Cabbage, & Tomato Oatmeal Cookie Orange Juice*</p>	<p>BBQ CHICKEN 15 Cream of Mushroom Soup Whole Grain Roll Yams** Coleslaw* Banana</p>	<p>BEEF LASAGNA 16 Whole Grain Dinner Roll Green Beans Romaine Salad Pineapple & Mango*</p> <p><i>Blaisdell Birthdays</i> </p>	<p>LEMON PEPPER CHICKEN 17 Butternut Squash Soup Brown Rice Vegetable Medley* Spinach Salad** Pear</p> <p><i>Joslyn Birthdays</i> </p>	<p>BAKED FISH W/ VERACRUZ OR SWEET & SOUR PORK 18 Whole Grain Bread Zucchini & Yellow Squash Mashed Potatoes Carrot Raisin Salad Strawberries or Kiwi*</p>
<p>CHICKEN CHIPOTLE 21 Whole Grain Bread Brown Rice Yams** Mixed Green Salad Cantaloupe***</p>	<p>BEEF CHILI MAC 22 Whole Grain Pasta Sautéed Spinach** Marinated Tomato & Bell Pepper Salad Cinnamon Applesauce</p>	<p>HONEY MUSTARD CHICKEN 23 Split Pea Soup Whole Grain Roll Winter Squash** Broccoli* Banana</p>	<p>SWEDISH BEEF MEATBALLS 24 Vegetable Soup Egg Noodles Whole Grain Bread Carrots** Cucumber Salad Pineapple & Mango*</p>	<p>BAKED FISH W/ CRUMB TOPPING OR SPINACH QUICHE 25 Barley Pilaf Harvard Beets Coleslaw* Butterscotch Pudding Grape Juice</p>
<p>HOT ROAST BEEF 28 Whole Grain Bread Mashed Potatoes Garden Salad Pears Orange Juice</p>	<p>CRISPY CHICKEN 29 Whole Grain Bread Sweet Potato*** Romaine Salad Banana</p>	<p>BEEF MEATLOAF 30 Tomato Basil Soup Parsley Buttered Noodles Whole Grain Bread Carrots** Mesclun Salad Orange*</p>	<p>SKELETON BONES (CHICKEN DRUMS) 31 Soft Rock (Whole Grain Roll) Monster Tears (Peas) Toad Stool (Boiled Potato) Goblin's Salad* (Red & Green Cabbage) Jack O' Lantern (Pumpkin Bread) Pumpkin Blood* (Orange Juice) </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.

SUGGESTED DONATION \$2 (SENIORS 60+) • \$4 MANDATORY FEE FOR GUESTS OF SENIORS (LIMITED)

Nutritional Guide: * Vitamin C Source, ** Vitamin A Source, *** Vitamin A&C Source, + High Sodium

SENIOR PROGRAM ACTIVITIES

October 2019



CLAREMONT
SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Needle Art	8:00 Walking Group	9:00 Hawaiian Dance	8:00 Walking Group	9:00 Art Group
9:00 Mahjong	9:00 White Cane Society	9:00 Writing Workshop*	9:00 Int. Line Dance	9:00 Bone Builders*
9:00 Food Bank (2 nd)	9:00 Core Strength	9:00 Bone Builders	9:15 Current Events	9:35 Chair Exercise (H)
9:15 Overeaters Anon.	10:00 Arthritis Exercise	9:30 Int. Bridge: Drop-in	9:30 Creative Memoirs	10:00 Watercolor (1 st & 3 rd)
9:35 Chair Exercise (H)	10:00 Overeaters Anon.	9:35 Chair Exercise (H)	10:00 Easy Yoga	10:30 Bone Builders*
10:00 Bone Builders* (H)	10:00 Bone Builders* (H)	10:00 Bone Builders *(H)	10:00 Bone Builders (H)	12:00 Overeaters Anon.
10:30 Reminiscing w/ Friends	10:30 Blood Sugar (1st)	10:30 Bone Builders	11:15 Arthritis Exercise (B)	12:30 Bingo (B)
11:00 Arthritis Exercise	10:30 Lipreading	10:30 Easy Dance Aerobics	12:00 Knitting Group	12:30 Movies (2nd & 4th)
12:00 Blood Pressure Screening (2nd)	12:00 Pinochle	10:30 Karaoke (3rd)	12:30 Food Pantry	12:30 Easy Tap Dance
1:00 Mac Users (2 nd)	1:00 Adv. Bridge: Drop-in	12:00 Beg. Line Dance	12:30 German**	1:00 Computer Workshop
1:30 Joslyn Readers (3 rd)	1:30 Bridge (B)	12:30 Breathing Buddies(1st)(H)	1:00 Duplicate Bridge	1:00 Smarter Seniors w/ Cell Phones (3 rd)
1:30 Beg. Balance Class	1:30 Card Making	12:30 Bridge	1:00 Joslyn Jammers	1:00 Mahjong
1:45 Shakespeare Speakers (2nd)	1:30 All the World's a Stage**	1:00 Chess Club	1:30 Reading About Money (1 st)	3:00 Poetry
6:00 Survivors of Suicide Loss (2nd/4th)	2:30 Art Journaling	1:00 Adv. Plus Bridge Class	3:30 Comedy Improv	4:00 Core Strength Support
	3:30 Restore Yoga	1:00 Beg. Tai Chi & Qi Gong	3:30 Bereavement	
	3:30 Teen Techies (3rd) (YAC)	1:30 Beg. Balance Class		
	7:00 Computer Club Mtg	2:30 Shakespeare for Everyone**		
		3:00 Int. Balance Class		
		3:30 Bereavement Support		
		6:30 Caregiver Support		

SATURDAY

10:00 Parkinson's
Explorers (2nd)

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

Fall Information Fair & Flu Clinic

Get healthy with a variety of information booths, services, providers, health screenings, and giveaways. FREE flu shots will be offered in partnership with the LA County Department of Public Health. This event is free and open to the public. Location: Alexander Hughes Community Center.

All ages Wed 10/16 9:00 a.m. - 12:00 p.m. FREE

Author Talk: Why My Family Chose Hospice

Local author Kathleen Vallee Stein gives an intimate account of how the myriad of end-of-life decisions affect a family. Her father had the courage to accept his impending passing and lived out his final days at home in his daughter's care. You are invited to a reading, discussion, and signing of Stein's book, *Loving Choices, Peaceful Passing*. Location: Joslyn Center

Ages 55 + Tue 10/22 12:30 p.m. - 1:15 p.m. FREE

Masquerade Dinner & Dance

Come have a ball! Enjoy a night out that includes dinner, dancing, and great entertainment. Dress for the occasion and don't forget your most fabulous mask! Pre-registration is required; space is limited. Location: Joslyn Center

Ages 55+ Fri 11/1 5:00 p.m. - 7:00 p.m. \$10

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

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