

JULY/AUGUST 2011

SENIOR SPOTLIGHT

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

ANNUAL LUAU

Thursday, August 11th, 2011

East/West Room

11:00 a.m.



**Featuring:
Westwind Productions Polynesian Dancers**

**Tickets:
\$4.00 Donation**

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR
Margie L. Rice
(714) 548-3183

MAYOR PRO TEM
Tyler Diep
(714) 548-3179

COUNCIL MEMBER
Frank Fry
(714) 548-3181

COUNCIL MEMBER
Andy Quach
(714) 548-3182

COUNCIL MEMBER
Tri Ta
(714) 548-3179

DEPARTMENT LINE
(714) 548-3240

CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER
Mitch Waller
(714) 548-3172

COMMUNITY SERVICES DIRECTOR
Diana Dobbert
(714) 895-2860



**The Senior Center Spotlight
is now available on the City Website:**

www.ci.westminster-ca.gov

Go to Departments, Community Services, Senior Services
or you can Google City of Westminster, CA Homepage

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR	Claire Hutchinson
NUTRITIONIST	Maribel Avilez
SECRETARY	Sherrie Machuga
RECEPTIONIST	Ivy Gimondo
CLERK TYPIST	Joy Williams
VAN DRIVERS	John Conrekas, Bertha Lara and Clarey Mercer
HEALTH CARE NURSE	Jane Herin
PROJECT S.H.U.E. DIRECTOR	Susana Delgado
SENIOR CENTER INTERN	Amber Julian

Commission on Aging

COMMISSIONER Vince Agor	(714) 897-6252
COMMISSIONER Leonor Barajas	(714) 893-3708
COMMISSIONER Owen Eames	(714) 894-3129
COMMISSIONER Phil Hodgetts	(714) 847-4165
COMMISSIONER Leo Lopez	(714) 898-7358
COMMISSIONER Linh Nguyen	(714) 782-2902
COMMISSIONER Erwin Vysma	(714) 893-3659
ALTERNATE COMMISSIONER Ron Hamamura	(714) 531-8570
ALTERNATE COMMISSIONER Joan Germany	(714) 897-6873

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

From the Senior Center Supervisor

Summer is here!

I hope everyone is enjoying the long awaited warmer temperatures and sunny skies. I am excited to share that our **Spring Auction** brought in \$1,055 to benefit the Project S.H.U.E. Program (intergenerational after-school program). Thank you for donating and purchasing items from the auction. Be sure to save your new or "like new" treasures for our silent auction in November.

With the **Fourth of July** approaching us, I would like to wish you and your loved ones a fun-filled celebration. Our neighborhoods will be lit up on the 4th as fireworks return to our city this year.

Tis' the season of giving once again! **Christmas in July** is an annual program, started by Mayor Margie L. Rice, which gives a chance to our homebound

seniors to receive a gift from anyone who would like to participate. There are two Christmas trees, one in City Hall and one in the Senior Center Lobby, with seniors names and their wish lists. All the seniors live in Westminster and are participants in our Home Delivered Meals Program. Gifts will be delivered in July. The final day for the drop-off of your gifts is July 21st.

I would like to remind everyone to stop by our front desk and check the **Lost and Found** items. After July, unclaimed items will be placed on the Free table. Finally, we want to thank **Emeritus at Brookhurst** for sponsoring our July Birthday Celebration by providing the cake. We appreciate your participation!

Claire Hutchinson



Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

OCTA QUESTIONS?

Need some help figuring out how to find your ideal route?



Dial 511

They will answer your questions on how to get from here to there; when you get on the bus you may purchase a Schedule Book for \$1.00.

LOOKING AHEAD:



- September 6th, 2011: "Living Healthy" Weekly Seminar Begins



- September 14th, 2011: Mardi Gras Dance Celebration!



- September 2011: Life Story Writing Class

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. We celebrate birthdays on the 4th Thursday of each month.

Cost:
The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

July:
Wednesday, July 13th
August:
Wednesday, August 10th

Hours:
8:00-a.m. - 11:00 a.m.
(or until food runs out)

Requirements:
You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 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.

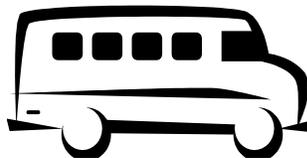


NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

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, Westminster Mall, Wal-Mart, and Target.

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 John or Bertha
at
(714) 895-2878
ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS

 **BRIDGE CLUB**
meets Mondays and
Thursdays at 12:15 p.m.

 **CHESS CLUB** meets
Tuesdays and Thurs-
days at 7:30 a.m.

 **BUNCO** meets on 2nd
and 4th Wednesdays at
12:30 p.m.

 **CRAFT LADIES**
meet on Thursdays at
9:00 a.m.

 **MAH JONGG**
players meet on
Mondays from
10:00 a.m.-12:00 noon.

 **DINNER GROUP**
Meets the 3rd
Wednesday of each month
at a local restaurant.

 **POOL ROOM** is open
five days a week and
new players are welcome.

 **RED HAT SOCIETY**
is a group of women
who dress in purple and red.
This group goes on trips,
dinner, etc. Their main pur-
pose is to have fun.

 **YARN SPINNERS**
crochet and knit on
Mondays, Wednes-
days, and Fridays from
9:00 a.m.-11:30 a.m.

 **NEEDLE WORK**
meets Mondays at
9:00 a.m.

 **MEXICAN TRAIN
DOMINOS** meet on
the 1st and 3rd Wednes-
day of each month at
12:00 Noon

 **SUDOKU** meets
every Friday at
9:30 A.M.

BINGO

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75

GAME TIMES:

**Mondays &
Wednesdays**

12:45 p.m. - 2:30 p.m.

Fridays

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our din-
ing room by volunteer
callers. Bingo cards are 3
for a \$1.00 or 50¢ a piece.



Winners receive
a Bingo Buck a
game. You can

earn a \$10 Stater Bros.
Gift Card for every 10
Bingo Bucks you earn. If
you are interested in
being a Bingo caller,
please contact the front
desk.

MOVIES

JULY

July 1st

“The Tourist”

Angelina Jolie, Johnnie Depp

1 hour, 43 minutes

Rated PG-13 (2010);

Thriller

July 8th

“Despicable Me”

Steve Carell, Jason Segel

1 hour, 35 minutes

Rated PG (2010);

Animation

Showing Fridays

at 9:15 a.m.

July 15th

“Vegas Vacation”

Chevy Chase, Beverly D’Angelo

1 hour, 38 minutes

Rated PG-13 (1997); Animation

July 22nd

“Letters to Juliet”

Amanda Seyfried, Chris Egan

1 hour, 45 minutes

Rated PG (2010); Romance

July 29th

“The Incredible Mr. Limpet”

Don Knotts, Carole Cook

1 hour, 42 minutes

Rated G (1964); Classic

AUGUST

August 19th

**“The Taming of the
Shrew”**

Elizabeth Taylor, Richard Burton

2 hours

Not Rated (1967); Classic



August 26th

**“The Last Time I
Saw Paris”**

Donna Reed, Elizabeth Taylor

1 hour; 56 minutes

Not Rated (1954); Classic

**“Tribute to
Elizabeth Taylor
Month”**

August 5th

“National Velvet”

Elizabeth Taylor, Mickey Rooney

2 hours

Rated G (1944); Classic

August 12th

“Cat On A Hot Tin Roof”

Paul Newman, Elizabeth Taylor

1 hour; 48 minutes

Not Rated (1958); Classic

SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

Bridge Players:

Please come
Mondays & Thursdays
for Bridge games at
the Senior Center.



**Beginners
welcome...**

12:15 p.m.-3:00 p.m.

**Have fun and
make friends.**

BIRTHDAY CELEBRATIONS

We'll supply the cake,
balloons, and enter-
tainment but the
party will not start
without YOU!



Dates:

**Thursday,
July 28th**

&

**Thursday,
August 25th**

Time:

11:00 a.m.

Place:

Dining Room

Cost:

\$2.50

**Entertainment
included**

POOL TOURNAMENTS (3 OF THEM!!!)

The Boys and Girls Club
will be joining us all
Summer long.

July

Tournament:

-Thursday, July 7th

-Thursday, July 28th

9:30 a.m.



August

Tournament:

-Thursday, Aug. 18th

9:30 a.m.

**Sign Up in
Pool Room**

DINNER ANYONE?

Dinner Group

July 20th



**Paul's
Deli**

**6936 Westminster Blvd.
Westminster**

August 17th

**La Choza
Mexican Restaurant**

**7402 Edinger
Huntington
Beach**



*Sign Interest List at
Front Desk*

*Meet at restaurant
at 4:30 p.m.*

Westminster Senior Center CHRISTMAS IN JULY 2011



The annual Christmas in July Program, started by Mayor Margie L. Rice, gives a chance for the frail homebound seniors in our Home Delivered Meals program to receive a gift from anyone who would like to participate. There are two Christmas trees, one in City Hall and one in the Senior Center Lobby. Each tree has stars on it with a senior's



name and the gift they have requested. People can pick a star and return the gift with its star to the Senior Center. The Home Delivered Meals drivers will then deliver the gifts to the participants in the month of July. Please join us as we celebrate this heartwarming event.

SENIOR CENTER SERVICES

ONGOING SERVICES



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? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

When:
2nd 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:
1st Friday of every month

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



PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:
1st Friday of every other month.

Time:
Appointments begin at 11:30 a.m. and last 10 minutes.



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

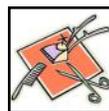
Ice Cream Anyone?

In 1984 President Ronald Reagan declared July as National Ice Cream Month. This year we will celebrate this tradition on Monday, July 18th, with a delicious ice cream dessert.



Some facts that might make you SCREAM FOR ICE CREAM:

- The 1st U.S. ice cream parlor opened in New York City in 1776.
- Immigrants coming into Ellis Island were served ice cream as part of their "Welcome to America" meal.
- 1 out of every 5 ice cream eaters share it with their dog or cat.
- Americans consume the most ice cream in the world (an average of 48 pints.)



Free Haircuts & Manicures

Offered by the Asian American Beauty School

Date:

Tuesday, August 23rd

Time: 10:00 a.m.-12:00 noon

(First come; first served)

SENIOR CENTER SERVICES

NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

UPCOMING HEALTH TALKS

JULY:

Wednesday, July 6th

11:00 a.m. in the Dining Room

Topic: **“Healthy Eating”**



AUGUST:

Wednesday, August 3rd

11:00 a.m. in the Dining Room

Topic:

“How to Keep A Healthy Back”

- Back Basics
- Good Body Mechanics

Presented by:

Dr. Randy Ramirez



SEPTEMBER HEALTH SERIES

“Living Healthy with a Chronic Condition”

Self-Management is the Key

Don't let fatigue, frustration, pain, sleep loss, depression or anxieties keep you from enjoying your life!



Developed by Stanford Patient Education Research Center

This FREE 6-week Course covers:

Nutrition & Physical Activity, Communication Skills, Relaxation Techniques, Medication Usage, Community Resources, Self-Management & the Individual, & Problem Solving.

Dates: Tuesdays, September 6th, 13th, 20th, 27th, & October 4th & 11th

Place: Room 5 Time: 9:00 a.m.-11:30 a.m.

DIABETES EDUCATION & SUPPORT GROUP

JULY, 2011

Wednesday, July 13th

12:30 p.m. in

Room 10

“Foot Care & Diabetes”



AUGUST, 2011

Wednesday, August 17th

12:30 p.m. in Room A

“Rethink Your Drink”

Did You Know?



Safe Disposal of Pharmaceutical Drugs is a serious public health and safety issue. We know that unused or expired medications should not be kept, but flushing them down the toilet or tossing them in the trash can be hazardous to our environment.

Thanks to the Huntington Beach Police Department, any person can safely dispose of medications at the Pharmaceutical Drug Disposal Box located in the lobby of the Police Department at 2000 Main St. in Huntington Beach from 8:00 a.m. to 7:00 p.m., seven days a week.

This program is free of charge and residency is not required.

Unless otherwise noted, all health related presentations are given by: **Jane Herin, RN, PHN**

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency

Information on Medi-Cal will be discussed.

UPCOMING EVENTS

Westminster Community Services & Recreation Department

2011 CONCERTS IN THE PARK

Thursday Evenings, 6:00 p.m.-7:30 p.m.

Civic Center Sunken Gardens



- July 14th** "Air National Guard Band of the Southwest" Big Band
- July 21st** "Old School Westminster All Stars" Rock & Blues
- July 28th** "Nicholson Pipes & Drums" Bagpipe Band & The Celtic Sky Dancers
- August 4th** "De Nada" Classic Rock & Latin
- August 11th** "The Silverados" Country plus **Green Expo** (3:30 p.m.-6:00 p.m.)
- August 18th** "Gospel Night" Community Group Choir

Stay Cool This Summer

As we know, summer often brings high temperatures that increase the risk of heat-related illnesses, such as heat exhaustion and heat stroke, which can be fatal.

Symptoms of heat exhaustion can include heavy sweating, muscle cramps, headache, nausea or vomiting and dizziness.

Some recommended precautions to prevent heat-related illnesses include:

- Drink plenty of water; don't wait until you're thirsty.
- Wear light, loose-fitting clothing.
- Wear a hat with a wide brim; use sunscreen.
- Avoid unnecessary exertion.
- Stay cool indoors. If your home is not air-conditioned, visit public facilities, such as shopping malls and libraries, to stay cool.

-Orange County Supervisor Pat Bates



SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members
\$14 per person for non-members**

Classes will be held on the following dates:

**August 4th & 5th
October 6th & 7th**



***Pre-registration and payment are required at Front Desk before class dates.**

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Beginning Adult Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters



Balance & Mobility

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Adult Fitness

Day	Time	Instructor
Monday	10:30 a.m.- 12:00 noon	M. Masters
Wednesday	10:30 a.m.- 12:00 noon	M. Masters

Day	Time	Instructor
Mon/Wed	9:30 a.m.-10:30 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184. Pre-registration is advised.

HUNTINGTON BEACH ADULT SCHOOL



Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:30 p.m.- 2:45 p.m.	J. Camarena

Dance Aerobics 2

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

Dance Aerobics 2/3

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

Dance Aerobics 3

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

Dance Aerobics 4

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

Stretch & Flex

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

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405. Pre-Registration is advised.

SENIOR CENTER

Beginning Computer Class

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak
Wednesday	9:00 a.m.- 11:30 p.m.	D. Davis

Intermediate Computer Class

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	J. Ju
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

Tai Chi

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER *

SENIOR CENTER TRIPS

DAY TRIPS

PAGEANT OF THE MASTERS

Wednesday, July 13th, 2011

Depart: 5:00 p.m.

Return: 11:30 p.m.

Cost: \$57.00



VIEJAS CASINO

Thursday, July 21st, 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00 Includes lunch at half-off & shopping.

VIEJAS CASINO

Wednesday, October 5th 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00 Includes lunch at half-off & shopping

APPLE SEASON IN OAK GLEN

W/TOUR AT THE GRABER OLIVE HOUSE

Thursday, October 20th 2011

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$56.00 Includes lunch & FREE apple pie!

GRIFFITH OBSERVATORY

W/LUNCH AT THE "SIZZLER"

Wednesday, September 7th, 2011

Depart: 10:30 a.m.

Return: 5:00 p.m.

Cost: \$49.00

SANTA YSABEL ADVENTURE

W/VISIT TO INDIAN MISSION & JULIAN PIE CO.

Wednesday, November 2nd 2011

Depart: 8:30 a.m.

Return: 6:30 p.m.

Cost: \$47.00

PECHANGA CASINO

Tuesday, September 20th, 2011

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$32.00 \$25 in Slot Play upon arrival

PALA CASINO

Monday, November 21st, 2011

Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$19.00

OVERNIGHT TRIPS

LAUGHLIN LUAU at the RIVERSIDE

August 23rd-25th, 2011

(Tuesday-Thursday)

Package includes: Free Buffet, (1 choice plus 2 breakfasts) plus **LUAU DINNER PARTY**

(sit-down Dinner w/band & dancing & prize drawings) *This event is held only once a year.

Trip includes baggage handling, deluxe VCR motorcoach, and driver's tip.

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$95 p/p double

\$115 single



LAUGHLIN at the RIVERSIDE

December 7th-9th, 2011

(Wednesday-Friday)

Christmas Dinner Party at the Hotel!

2 FREE Buffets, Laughlin Funbook includes three 2 for 1 meal coupons at local casinos, along with 2 for 1 drinks, appetizers, & much more!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$92 p/p double

\$112 single





Senior Lunch Sites – July 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50				1 Barbeque Chicken <i>Baked Beans</i> <i>Coleslaw</i> Parker House Roll <i>Fresh Fruit</i>
4 Happy Independence Day! Senior Center Closed 	5 Lentil Soup w/Cracker Roast Pork w/Apricot Glaze Capri Blend Vegetables Scalloped Potatoes Wheat Roll Assorted Pie Orange Juice	6 Tomato Soup w/Crackers Turkey Sandwich w/Lettuce & Tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart	7 Beef Pot Roast w/Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Apple Juice	8 Breaded Fish w/Tartar Sauce Orzo Steamed Baby Carrots Wheat Roll Ice Cream & Fig Bar Pineapple Juice
11 Cauliflower Soup w/Crackers Meatloaf w/Gravy Peas and Carrots Mashed Potatoes Wheat Roll Pudding	12 Curry Chicken Steamed Rice Cucumber/Garbanzo Bean Salad w/Dill Dressing Fresh Fruit	13 Beef Stew Tossed Green Salad w/Honey Sesame Dressing Assorted Squash Wheat Roll Fresh Fruit	14 Cheese Enchiladas w/Salsa Spanish Rice Pinto Beans Green Salad w/Ranch Banana Bars	15 Beef Hot Dog on Wheat Bun w/Onion Baked Beans Red Cabbage Salad Peach Crisp
18 Broccoli Beef (Beef Strips w/Broccoli) Steamed Rice Hawaiian Roll Fresh Fruit	19 Fettuccine Alfredo w/Chicken Spinach Wheat Roll Fruited Jello Apple Juice	20 Mexican Corn Soup w/Crackers Chile Relleno Casserole Garden Salad w/Ranch Pinto Beans Flour Tortilla Custard	21 Baked Ham w/Apples and Yams Peas and Pearl Onions Wheat Roll Sliced Pears	22 Philly Cheese Steak Sandwich On Hoagie Roll Salad w/Honey Sesame Dressing Potato Wedges Fresh Fruit
25 California Cream Soup w/Crackers Egg Salad Sandwich on Wheat Bread Spinach Salad w/Raspberry Vinaigrette Fresh Fruit	26 Cheese Omelet Potatoes O'Brian Fruited Muffin Ambrosia Fresh Fruit	27 Tortilla Soup w/Tortilla Strips Chicken Fajitas w/Fajitas Vegetables Salsa Pinto Beans Flour Tortillas Fresh Fruit	28 Birthday Party Hawaiian Pork Steamed Rice Edamame Blend Vegetables Hawaiian Roll Tropical Fruit Mix Fig Bar	29 BBQ Beef Sandwich On Hoagie Roll Corn Baked Beans Chocolate Mousse Apple juice

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & 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. Has 1,000 mg or more of Cholesterol, 0% transfat buttery spread served with bread and rolls



sodium. Low

NOTICE: Starting July 1st Lunch will be served every Friday at 11:30 a.m.