SEPTEMBER/OCTOBER 2010

SENIOR SPOTLIGHT

Westminster Senior Center
8200 Westminster Blvd. Westminster, CA 92683
(714) 895–2878
www.ci.westminster-ca.gov

FALL CLASSES BEGIN!

Balance & Mobility
Dance Aerobics
Low Impact Aerobics
Stretch & Flex
Adult Fitness
Longevity Stick
Tai Chi
Computer
ESL
and much more!

AUTUMNFEST 2010

You are invited to attend our celebration on
Thursday, October 28th
in the Dining Room
with entertainment by
Senior Center Line Dancers
at
11:00 a.m.

Pre-registration is a must
Tickets: $3.50 Donation

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR
Margie L. Rice
(714) 548-3183

MAYOR PRO TEM
Frank G. Fry
(714) 548-3179

COUNCIL MEMBER
Tyler Diep
(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
Donald D. Lamm
(714) 548-3172

COMMUNITY SERVICES DIRECTOR
Greg Johnson
(714) 895-2860

ASSISTANT COMMUNITY SERVICES DIRECTOR
Diana Dobbert
(714) 548-3655

The Senior Center Spotlight
is now available on the City Website:
www.ci.westminster-ca.gov
Go to Departments, Community Services, Senior Services

Senior Center Staff

(714) 895-2878

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

Commission on Aging

CHAIR	Vince Agor	(714) 897-6252
COMMISSIONER	Nora Barajas	(714) 893-3708
COMMISSIONER	Phillip Hodgetts	(714) 847-4165
COMMISSIONER	Vince Petronzio	(714) 897-6261
COMMISSIONER	Ginger Waugh-Borden	(714) 897-4644
ALTERNATE	Erwin Vysma	(714) 893-3659

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

The summer months have come and gone! I hope that you had time to visit family and friends and enjoy the warm summer days.

I'm glad many of you got to attend the "Concerts in the Park" as well as our "Annual Luau." These events sure made the summer time enjoyable.

In the upcoming months there are many exciting overnight trips planned, including a trip to **Palace Station** in fabulous **Las Vegas**. Sign up as soon as possible, as we anticipate this to be a popular trip.

As we look ahead to the Fall months and the holidays we begin to plan our **Fall Auction** which benefits the Senior Center. Begin looking for items you would like to donate. The dates for this event are **November 16th, 17th and 18th.**

We hope you enjoy the changes in our new bi-monthly newsletter. The staff worked diligently to revise and improve the Spotlight. We are so happy with the results. Please stop by and let us know what you think of the new look.

Claire Hutchinson

Mark your calendars:

- **Project S.H.U.E begins October 4th**

- **See's Candy Fundraiser begins October 11th**

- **Flu Shot Clinic Wednesday, November 3rd**

- **Silent Auction takes place November 16th, 17th, & 18th**

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

SENIOR CENTER PROGRAMS

SENIOR SERV

Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and on Friday at 11:30 a.m. (every other Friday is 11:45 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.

September:
Wednesday, September 8th

October:
Wednesday, October 13th

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

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

WOW 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

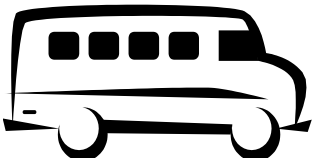
This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior center they can hop on the Shuttle if they need to run errands.

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.

Transportation Coordinator
Bea Pratte

WOW Questions?
Call (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 Thursdays 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. As a group, they go on trips and have dinner together. Their main purpose of meeting is to have fun.

YARN SPINNERS crochet and knit on Mondays, Wednesdays, 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 Wednesday of each month at 12:30 p.m.

SUDOKU meets every Friday at 10:00 a.m.

BINGO

B	I	N	G	O
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 dining room by volunteer callers. Bingo cards are 3 for a $1.00 or 50¢ a piece. Winners receive a Bingo Buck a game. For every 10 Bucks you can earn a $10 Stater Bros. gift card!

If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

SEPTEMBER

September 3rd
"Harry and the Hendersons"
John Lithgow, Melinda Dillion
1 hour; 50 minutes
Rated PG(1987);Comedy

September 10th
"Ratatouille"
Patton Oswalt, Brad Garrett
1 hour; 50 minutes
Rated G(2007);Animation

September 17th
"It Could Happen To You"
Harry Connick, Jr., Paula Cale
1 hour; 41 minutes
Rated PG(1994);Romance

September 24th
"Serendipity"
John Cusak, Kate Beckinsale
1 hour; 30 minutes
Rated PG-13(2001);Comedy

Showing Fridays at 9:15 a.m.

OCTOBER

October 1st
"Did You Hear About the Morgans?"
Hugh Grant, Sara Jessica Parker
1 hour; 43 minutes
Rated PG-13(2009);Comedy

October 8th
"Sherlock Holmes"
Robert Downey, Jr., Jude Law
1 hour; 30 minutes
Rated PG-13(2009);Action

October 15th
"Where the Wild Things Are"
Max Records, Forest Whitaker
1 hour; 34 minutes
Rated PG(2009);Fantasy

October 22nd
"The Color Purple"
Whoopi Goldberg, Danny Glover
1 hour; 45 minutes
Rated PG-13(1985);Drama

October 29th
"The Apartment"
Jack Lemmon, Shirley MacLaine
2 hours; 5 minutes
Rated NR(1960);Classic

SENIOR CENTER ACTIVITIES

SPECIAL EVENTS

Drum Circle

What is a Drum Circle?

A drum circle feeds the mind, body, and spirit. It's a holistic experience that leaves you with a feeling of joy!

Benefits include:

- Anxiety reduction
- Emotional release
- Self-expression

INSTRUCTOR:
Lee Kix

DATE:
Wednesday, September 15th

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

PLACE:
East/West Room

Sign Interest List at Front Desk

Western Day

THE WILD, WILD WEST WAS NEVER THIS TAME!

Join us on for our Western lunch! Wear your cowboy duds and get ready to get some great grub!

Date:
FRIDAY, SEPTEMBER 24TH

Time:
11:45 A.M.

Place:
DINING ROOM

Birthday Celebrations

We'll supply the cake, balloons, and entertainment but the party will not start without **YOU**!

Dates:
Thursday, September 23rd
&
Thursday, October 28th

Time:
11:00 a.m.

Place:
Dining Room

Cost:
$2.50
(October $3.50 due to AutumnFest)

Oktoberfest 2010

Join us on a trip to Old World Village Huntington Beach

Date:
Thursday, September 30th

Depart:
10:45 a.m.

Return:
1:30 p.m.

Buffet Lunch with live German band

Shopping at European Market

Cost:
$10.00 per person

Sign up at front desk

AUTUMNFEST

We invite you to attend our

Autumn Celebration

with Entertainment *by our*

Senior Center Line Dancers!

Date:
Thursday, October 28th

Time:
11:00 a.m.

Place:
Dining Room

Cost:
$3.50

Join us for our

Thanksgiving Celebration

with Entertainment *by*

Marina High School Choir

Date:
Thursday, November 18th

Time:
11:00 a.m.

Place:
Dining Room

Cost:
$3.50

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

Need some help figuring out how to program your cell phone?

HELP IS HERE!

Tuesday, September 28th
10:30am-11:45am
Dining Room

Students from Westminster High School will be at the center to answer your cell phone questions!

FREE
Haircuts & Manicures

Offered by the
Asian American Beauty School
Date: Tuesday, October 12th
Time: 10:00 a.m. - 12:00 noon
(First come; first served)

Featuring
Makeovers by:

MARY KAY
Representatives

Beginning at 8:30 a.m.

SENIOR CENTER SERVICES

NURSE JANE HANNAH

Nurse Jane Hannah is a professionally trained public health R.N. that conducts basic health screenings by appointment every Wednesday 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

SEPTEMBER:
Wednesday, September 1st
11:00 a.m.
in the Dining Room
Topic: "Myths and Facts of Aging"

OCTOBER:
Wednesday, October 6th
11:00 a.m.
in the Dining Room
Topic: "Healthy Eating"

FREE 4-week Diabetes Workshop

—-4 Wednesdays in September, 2010—-

September 8th, 15th, 22nd, and 29th

Topics to be covered include:

- Diabetes Overview *Interactive*
- Medications
- Meal Planning *Evidence-Based*
- Short & Long-term complications
- Monitoring your blood glucose
- Exercise
- Stress management and problem solving
- Medi-Cal and Insurance Benefits

Room A

Sign-up at Front Desk

ONGOING SUPPORT GROUPS

HEALTHY LIVING SUPPORT GROUP

Healthy Living

Interested in feeling better and looking great? Join our NEW Healthy Living Support Group!

On the last Monday of each month, **Nurse Jane Hannah** and **Nancy Sink** will engage you in finding ways to improve your health and well-being.

Dates: September 27th & October 25th

Time: 9:00 a.m. - 10:30 a.m.

DIABETES EDUCATION & SUPPORT GROUP

SEPTEMBER 2010

Wednesday, September 15th

2:30 p.m. in Room 3-4

"Neuropathy and Diabetes"

- Signs and Symptoms
- Types of Diabetic Neuropathy
- Effective Treatment Options

OCTOBER 2010

Wednesday, October 20th

2:30 p.m. in Room 3-4

"Osteoporosis"

- Risk Factors
- Symptoms
- Treatments

All presentations given by: Jane Hannah, 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

Orange County Fire Authority

"HOARDING AND ITS IMPACT ON SAFETY"

When your belongings fill your house but limit your life.

Date: Wednesday, October 20th

Time: 10:00 a.m.

Place: Dining Room

Do you need help with the OCTA ACCESS Bus Program?

Representatives from Americorps "We Care" Program will be here to inform and help you with this public service.

Date: Wednesday, September 15th

Time: 11:00-11:30 a.m.

Place: Dining Room

Handmade YO-YO QUILT

June Traver handmade and donated a beautiful Yo-Yo quilt to the Senior Center. Opportunity tickets are on sale at the Front Desk and the winner will be announced at our

Holiday Party

Wednesday, December 15th

Proceeds benefit the Westminster Senior Center Programs.

Ticket Price: 1 for $1.00 or 6 for $5.00

See Front Desk for tickets

Need not be present to win

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

Pre-registration is required at the Front Desk.

Classes will be held on the following dates:

October 7th & 8th

December 2nd & 3rd

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

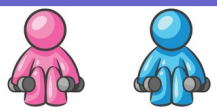
Adult Fitness

A mildly aerobic chair/standing exercise that will stretch and strengthen muscle groups.

Day	Time	Instructor
Mon/Tue/Wed	10:00 a.m.- 12:00 noon	M. Masters

Beginning Adult Fitness

Day	Time	Instructor
Tues./Thurs.	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.

Day	Time	Instructor
Tues./Thurs.	8:45 a.m.- 9:45 a.m.	M. Masters

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184. Pre-registration is advised. Fall Session begins August 30th and ends December 17th, 2010

HUNTINGTON BEACH ADULT SCHOOL

Introduction to Dance Aerobics

Day	Time	Instructor
Monday	1:00 p.m.- 2:15 p.m.	V. Williams

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

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. Fall Session begins September 1st and ends December 17th

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
Tuesday	9:00 a.m.- 11:30 a.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
Tuesday	12:30 p.m.- 3:00 p.m.	B. Ault

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.	M. Epstein

*** ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER ***

SENIOR CENTER TRIPS

DAY TRIPS

HARRAH'S INDIAN CASINO

Wednesday, October 6th, 2010

Package includes $10 back in slot play!

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

Cost: $10.00

PECHANGA INDIAN CASINO

Tuesday, October 26th, 2010

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: $15.00

PALM SPRINGS FOLLIES

Wednesday, December 1st, 2010

Sign up now as this favorite is always a smash hit!

Depart: 9:00 a.m. **Return: 6:30 p.m.**

Cost: $77.00

PALA INDIAN CASINO

Wednesday, January 26th, 2011

Enjoy a fun day with $5 in Slot Play!

Depart: 8:30 a.m. **Return: 5:00 p.m.**

Cost: $17.00

SOLVANG

w/Lunch at Anderson's Pea Soup

Thursday, February 10th, 2011

Package includes lunch, great sight-seeing, and shopping & browsing in Solvang.

Depart: 8:30 a.m. **Return: 6:30 p.m.**

Cost: $49.00

OVERNIGHT TRIPS

LAUGHLIN LUAU at the RIVERSIDE

September 14th - 16th, 2010-Waiting List Only

STATELINE SPECIAL at BUFFALO BILL'S

November 8th - 9th, 2010 (Monday - Tuesday)

Package includes 2 days & 1 night at Buffalo Bill's Hotel and Casino, plus 2 free buffets & baggage handling.

Depart: 9:00 a.m. **Return: 5:00 p.m.**

Cost: $49.00 p/p double

$67.00 single

LAUGHLIN CHRISTMAS at the RIVERSIDE

December 5th - 7th, 2010-Waiting List Only

PALACE STATION CASINO in LAS VEGAS

January 16th - 18th, 2011

(Sunday - Tuesday)

Package includes 3 free buffets, Palace Perk Funbook, Bingo at Hotel all day long, entertainment, & Deluxe Motorcoach Transportation.

Please Note: Trip based on non-smoking prices (extra charge for separate section smoking rooms)

Depart: 8:00 a.m. **Return: 6:00 p.m.**

Cost: $100 p/p double

$130 single

LAUGHLIN - AT THE RIVERSIDE 4 DAYS + 3 NIGHTS!

February 21st - 24th, 2011

(Monday - Thursday)

Package includes 2 free buffets, "Special Funbook," trip to *Living Ghost Town of "Oatman."*

Depart: 8:00 a.m. **Return: 6:30 p.m.**

Cost: $124 p/p double

$154 single

community SENIOR SERV

Helping maintain independence & well-being

Senior Lunch Sites – September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	Suggested Donation - $2.50 **Meal Cost for Under Age 60 - $3.50**	Roasted Corn Soup **Roast Beef/Provolone Cheese Sandwich on French Roll** Marinated Cucumber Salad Assorted Cookie	**Salisbury Steak w/ Mushroom Sauce** Rice Pilaf Broccoli Whole Grain Roll Cake	**Labor Day!** **Hot Dog on Wheat Bun** w/ Onion, Relish & Ketchup Potato Salad Watermelon
6	7	8	9	10
Labor Day Holiday! Westminster Senior Center Closed	**Pork Chili Verde** Black Beans Chuckwagon Corn Flour Tortilla Fresh Fruit	Farmer's Soup w/ Crackers **Chinese Chicken Salad w/ Lettuce, Crisp Wonton Strips** Asian Dressing Fruit Muffin Mandarin Oranges	**Breaded Fish** Scalloped Potatoes Carrots 7 Grain Roll Fruit Cup	**BBQ Pork Rib Sandwich on Wheat Roll** Baked Beans Capri Blend Vegetables Fresh fruit
13	14	15	16	17
Meatball Stroganoff on Wide Egg Noodles Mixed Vegetables Wheat Roll Seasonal Fresh Fruit	Tomato Soup w/ Crackers **Chicken Salad Sandwich on Whole Grain Bread** 3 Bean Salad Cake	**Stuffed Cabbage Roll** Mashed Potatoes Tossed Green Salad w/ Ranch Dressing Parker House Roll Pineapple Chunks	Mexican Independence Day! **Beef Fajitas w/ Fajita Vegetables** Black Beans Mexican Rice Flour Tortilla Flan	**Sweet & Sour Pork** Steamed Rice Capri Blend Vegetables Hawaiian Roll Tropical Fruit Mix
20	21	22	23	24
Beef Pot Roast w/ Gravy Mashed Potatoes Green Salad w/ Honey Mustard Wheat Roll Fresh Fruit	**Chicken Chow Mein** Brown Rice Oriental Stir Fry Vegetables Fruit Salad	California Cream Soup w/ Crackers **Tuna Salad on Spring Salad Mix** Whole Wheat Roll Butterscotch Pudding	**Birthday Party** Tortilla Soup /Chips **Beef Taco Salad** w/ Chips Sour Cream, Taco Sauce, Cheese, Lettuce & Tomato Spanish Rice Cake	**Western Day!** BBQ Beef Baby Baker's Potatoes Corn Wheat Roll Watermelon
27	28	29	30	
Meatloaf w/ Brown Gravy Tri-Color Potatoes Country Blend Vegetables Whole Wheat Roll Fresh Fruit	**Turkey & Cheese Sandwich on Croissant** Carrot Raisin Salad Macaroni Salad Jello	Italian Soup w/ Crackers **Manicotti w/ Marinara Sauce** Green Salad w/ Italian Dressing Sourdough Roll Fresh Fruit	Egg Drop Soup w/ Crackers **Chicken w/ Polynesian Sauce** Steamed Rice Japanese Blended Vegetables Almond & Fortune Cookie	

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. All * desserts are *Sugar-Free*. 1% milk served daily.

Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls