



JULY 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 1 MEAT LOAF Mashed Potatoes Spinach Green Salad Banana WW Bread | 2 High Sodium Meal POLISH SAUSAGE Tomato Soup Boiled Potatoes Steamed Cabbage Apple Rye Bread | 3 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Fresh orange cup WW Bread | 4 CLOSED  4TH OF JULY HOLIDAY | 5 BAKED FISH Orange Juice Potato Wedges Corn Green Salad Bread Pudding WW Bread Tartar Sauce |
| 8 ROAST PORK Orange Juice Bread Stuffing Mashed Potato Green Beans Apple Pie WW Bread | 9 CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Shredded Romaine Salad Orange Slices WW Bread | 10 SWEDISH MEATBALLS On Noodles Barley Soup Peas and Carrots Loose Leaf Lettuce Salad Seasonal Melon WW Bread | 11 COLD TURKEY SANDWICH On WW bread Cream Of Broccoli Soup Potato Salad Carrot Raisin Salad Fresh Orange Cup | 12 SHEPHERDS PIE Tomato Soup Mixed Vegetables Loose Leaf Lettuce Salad Pineapple chunks WW Bread |
| 15 STUFFED PEPPER Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread | 16 CHICKEN BREAST Tortilla Soup Baked Potato Spinach Carrot Raisin Salad Pear Halves WW Bread | 17 MEAT LOAF Apple Juice Potatoes Au Gratin Corn Apple Pie WW Bread | 18 LASAGNA Whole Wheat Pasta Orange Juice Green Beans Green Salad Mixed Fruit Cup Garlic Bread | 19 TUNA SALAD Corn Chowder 3 Bean Salad Pasta Salad Cantaloupe WW Bread |
| 22 OVEN BAKED CHICKEN Split Pea Soup Baked Potato Peas Carrots Coleslaw Peaches WW Bread | 23 CHEF SPECIAL Baked Ziti In meat sauce Apple juice Green beans Green salad Pudding French bread | 24 Pulled BBQ Pork Sandwich Potato Salad Fresh Vegetable Salad Mixed Tropical Fruit Ambrosia Wheat Hamburger Bun | 25 ROAST TURKEY Mashed Potatoes Buttered Peas Shredded Romaine Salad Apple WW Bread | 26 High Sodium Meal BEEF TACO Orange Juice Lettuce, tomato, and cheese Pinto Beans Spanish Rice Wheat Flour Tortilla Pudding |
| 29 CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices | 30 SLOPPY JOES Whole Wheat Hamburger Bun Carrots Potato Salad Fruit Cup | 31 Senior Birthday & 4 th of July Hamburgers Baked Beans Corn Potato Salad Roll Watermelon  |   | NUTRITION PROGRAM PATTI PENNINGTON SITE MANAGER (909) 625-9488 MONDAY-FRIDAY: 11:30 A.M.-1:00 P.M. SUGGESTED DONATION FOR ADULTS AGE 60 AND OVER: \$2.00 COFFEE: .25¢ |

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES THROUGH A GRANT AWARD FROM THE DEPARTMENT OF AGING.







JULY



ACTIVITIES







July: **"There's a Counselor in the House"**. Alma Valdez-Carreon, L.C.S.W., from West End Family Counseling Services, is available by appointment for a free counseling consultation with seniors who may be experiencing problems related to life changes, family issues, depression or anxiety. If interested, please call to schedule an appointment at (909) 983-2020 ext. 2231.

| | | | |
|--|--|---|-----------------------------|
| Mondays: | Bingo at the Senior Center |  | 1:00 pm to 4:00 pm |
| Tuesdays: | FREE Muscle Strength Aerobic Class | | 10:00 am to 11:00 am |
| Tuesdays in July: 2, 9, 16, 23 & 30 | FREE "Summer Concert & Movie Series": Call (909) 625-9479 for performance information | | 7:00 pm to 9:00 pm |
| Thursdays: | FREE Muscle Strength Aerobic Class (No Class July 4) | | 10:00 am to 11:00 am |
| Thursdays: | Bunco at the Senior Center |  | 1:00 pm to 4:00 pm |
| Thursdays : | FREE Line Dance classes: (No Class July 4) |  | 1:30 pm to 2:30 pm |
| Fridays: | FREE Arts and Crafts | | 9:00 am to 11:00 am |
| Fridays: | Bridge & UNO card games |  | 1:00 pm to 4:00 pm |

Thursday July 4: **City Hall and Senior Center will be CLOSED Thursday for the Independence Day Holiday**



| | | | |
|------------------------|---|---|-----------------------------|
| Wed. July 17: | County of San Bernardino Office of Grand Jury RSVP to 625-9483 | | 10:00 am to 11:30 am |
| Thurs. July 18: | Senior in the Spotlight: Chris Black will be demonstrating how to do an art project. Please RSVP. Space is limited | | 2:00 pm to 3:30 pm |
| Thurs. July 18: | Food Distribution Day; Community Center One member per household. Everyone must show ID |  | 10:00 am to 11:00 am |
| Tues. July 23: | Afternoon Movie: "Secretariat" a drama, true story, starring Diane Lane. |  | 1:00 pm to 4:00 pm |
| Wed. July 24: | Ice Cream Social: Join us for music and delicious ice cream. You must RSVP for this event by calling 625-9483. Space is limited. |  | 3:00 pm to 4:30 pm |

| | | | |
|----------------------|---|---|----------------------------|
| Wed. July 24: | AARP Mature Driver Class: A representative from AARP will be conducting a one-day driving refresher course. You must pre-register. The cost of class is \$15.00 for AARP member and \$20.00 for non AARP member. |  | 8:30 am to 12:30 pm |
|----------------------|---|---|----------------------------|

| | | | |
|--|--|---|----------------------------|
| Wed. July 31: | July Senior Birthday & 4th of July Party |  | 11:30 am to 1:00 pm |
| PRE PURCHASED TICKET REQUIRED: (60+) \$4.00 under 60 \$5.50 | | | |

SPECIAL AUGUST ACTIVITIES

| | | | |
|---|--|---|----------------------------|
| Wed. Aug. 28: | Senior Birthday Luau Party |  | 11:30 am to 1:00 pm |
|  | Wear your favorite muumuu or floral shirt!! | | |



FOR MORE INFORMATION OR TO RSVP CALL THE SENIOR CENTER FRONT DESK: (909) 625-9483

