

# SEPTEMBER



# 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CLOSED</b></p> <p><b>LABOR DAY</b></p>	<p>3</p> <p><b>CHEF SPECIAL</b> Baked Ziti In meat sauce Apple juice Green beans Green salad Pudding French bread</p>	<p>4</p> <p>Pulled BBQ Pork Sandwich</p> <p>Potato Salad Fresh Vegetable Salad Mixed Tropical Fruit Ambrosia Wheat Hamburger Bun</p>	<p>5</p> <p><b>ROAST TURKEY</b></p> <p>Mashed Potatoes Buttered Corn Shredded Romaine Salad Apple WW Bread</p>	<p>6</p> <p>High Sodium Meal <b>BEEF TACO</b></p> <p>Orange Juice Lettuce, tomato, and cheese Pinto Beans Spanish Rice Wheat Flour Tortilla Pudding</p>
<p>9</p> <p><b>CHEF SPECIAL</b> Chicken Fajita Orange juice Black beans Spanish rice Jello with fruit Flour tortillas</p>	<p>10</p> <p><b>SLOPPY JOES</b></p> <p>Whole Wheat Hamburger Bun Carrots Potato Salad Fruit Cup</p>	<p>11</p> <p>High Sodium Meal <b>HAM W/GLAZED SAUCE</b></p> <p>Lentil Onion Soup Sweet Potatoes Green Beans Green Salad Corn Bread Peaches</p>	<p>12</p> <p><b>CHICKEN ALFREDO</b> Whole Wheat Fettuccini Noodles</p> <p>Zucchini Shredded Romaine Salad Cantaloupe French Bread</p>	<p>13</p> <p><b>BAKED FISH</b></p> <p>Orange Juice w/ Tartar Sauce Mashed Potato Spinach Green Salad Apple Cobbler WW Bread</p>
<p>16</p> <p><b>BAKED PORK CHOP</b></p> <p>Macaroni &amp; Cheese Stewed Tomatoes Green Salad Cantaloupe WW Bread</p>	<p>17</p> <p>High Sodium Meal <b>CHICKEN TACO</b></p> <p>Spanish Rice Refried Beans Lettuce/Tomato Cheese Flour Tortilla Fresh Orange Cup</p>	<p>18</p> <p><b>SPAGHETTI &amp; MEATSAUCE</b> With Whole Wheat Spaghetti Green Beans Green Salad French Bread Fruit Cocktail</p>	<p>19</p> <p><b>BBQ CHICKEN SANDWICH</b></p> <p>Orange Juice Potato Salad Coleslaw Cantaloupe WW Hamburger Bun</p>	<p>20</p> <p><b>CHILI BEANS w/shredded Cheese</b></p> <p>Green Salad Corn Bread Orange Slices</p>
<p>23</p> <p><b>MEAT LOAF</b></p> <p>Mashed Potatoes Spinach Green Salad Banana WW Bread</p>	<p>24</p> <p>High Sodium Meal <b>POLISH SAUSAGE</b></p> <p>Tomato Soup Boiled Potatoes Steamed Cabbage Apple Rye Bread</p>	<p>25</p> <p><b>CHEF SPECIAL BBQ CHICKEN</b></p> <p>Mashed Potato Green Beans Coleslaw Peaches WW Bread</p>	<p>26</p> <p><b>PORK CHOP MEXICANA</b> Spanish Rice Stewed Tomatoes Green Salad Cantaloupe WW Bread</p>	<p>27</p> <p><b>BAKED FISH</b></p> <p>Orange Juice Potato Wedges Corn Green Salad Bread Pudding WW Bread Tartar Sauce</p>
<p>30</p> <p><b>ROAST PORK</b></p> <p>Orange Juice Bread Stuffing Mashed Potato Green Beans Apple Pie WW Bread</p>	<p>CITY OF MONTCLAIR SENIOR NUTRITION PROGRAM 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9479</p> <p>MONDAY-FRIDAY 11:30 A.M.-1:00 P.M. SUGGESTED DONATION FOR ADULTS AGES 60 OR OVER: \$2.00</p>	<p>SITE MANAGER PATTI PENNINGTON (909)625-9488</p>		

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.




# SEPTEMBER





# ACTIVITIES

**September:** "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

<b>Mondays:</b>	<b>Bingo at the Senior Center</b>		<b>1:00 pm to 4:00 pm</b>
<b>Tuesdays:</b>	<b>FREE Muscle Strength Aerobic Class</b>		<b>10:00 am to 11:00 am</b>
<b>Thursdays:</b>	<b>FREE Muscle Strength Aerobic Class</b>		<b>10:00 am to 11:00 am</b>
<b>Thursdays:</b>	<b>Bunco at the Senior Center</b>		<b>1:00 pm to 4:00 pm</b>
<b>Thursdays:</b>	<b>FREE Line Dance classes</b>		<b>1:30 pm to 2:30 pm</b>
<b>Fridays:</b>	<b>FREE Arts &amp; Craft</b>		<b>9:00 am to 11:00 am</b>
<b>Fridays:</b>	<b>Bridge &amp; UNO Card Games</b>		<b>12:45 pm to 3:45 pm</b>



**SENIOR CENTER AND CITY HALL WILL BE CLOSED FOR LABOR DAY SEPTMEBER 1<sup>st</sup>**

<b>Tues. Sept. 10:</b>	<b>iPhone Camera Class: A representative from IVHP will be showing you how to take pictures using your iPhone. Please RSVP 625-9483 or at the front desk.</b>		<b>10:00 am to 11:30 am</b>
<b>Tues. Sept. 17:</b>	<b>Android Class: A representative from IVHP will be showing you how to take pictures using your Android. RSVP to 625-9483 or at the front desk.</b>		<b>10:00 am to 11:30 am</b>
<b>Wed. Sept. 18:</b>	<b>Intergenerational Dance: Please join us for an afternoon Of fun and dancing. This event will be Intergenerational, and people of all ages are welcome. Radio Klash will be providing the music. The event is free but you must sign up at the Senior Center.</b>		<b>3:00 pm to 6:00 pm</b>
<b>Thurs. Sept. 19:</b>	<b>Food Distribution; Community Center Low-income residents only. Bring ID and shopping bags.</b>		<b>10:00 am to 11:00 am</b>
<b>Tues. Sept. 24:</b>	<b>Afternoon Movie: 'Airforce One' Thriller/Drama starring Harrison Ford. Rated R.</b>		<b>1:00 pm to 3:00 pm</b>
<b>Thurs. Sept. 26:</b>	<b>Seniors in the Spotlight: Crafts with Chris Black Space is limited. Please RSVP 625-9483.</b>		<b>2:00 pm to 3:30 pm</b>



## SPECIAL OCTOBER ACTIVITIES



<b>Wed. Oct. 23:</b>	<b>Senior Birthday Party</b>		<b>11:30 am to 1:00 pm</b>
	<b><u>PRE PURCHASED TICKET BY OCTOBER 16 REQUIRED (60+) \$4.00</u></b>		
	<b>No refunds on purchased ticket. Thank you.</b>		



Call the Senior Center at (909) 625-9483 for more information on any of these activities.

