Antioch Senior Citizens' Club
Newsletter

Volume 13 Issue 4 | Phone (925) 778-1158 | APRIL 2013

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NEW!
The Antioch Senior Center is proud to introduce it's new website, created by our very own member Jeff Evans.

Check it out at www.antioch seniorcenter.com

You're Invited

VOLUNTEERS

Making A Difference!

The Antioch Senior Citizen's Club will be honoring those who volunteered and filled out a volunteer card in 2012. Please join us to celebrate all of the hard work and dedication that our volunteers give every year.

The Volunteer Recognition Ceremony

Wednesday, April 24, 2012
10:00 A.M.-11:30 A.M.
Light Refreshments will be Served.

If you are a volunteer who turned in your 2012 Volunteer Card,
Please R.S.V. P to (925) 778-1158

A donation to the Antioch Senior Center is tax deductible to a non-profit organization

WEEKLY ACTIVITIES

A.S.C. thanks

Dr. Leo Fontana

The Antioch Rotary Club

The Antioch Lions Club

SCAN Health

Elderly Wish Foundation

and the

V.F.W. Post #6435 for their ongoing support!

ATTENTION:
All classes held in the Recreation Department Building, Please enter through the Senior side!

MONDAY

8:15-9:15	Exercise Class (R/R)
8:30-3:30	Billiards
9:00-11:00	Care Management
9:30-10:30	Exercise Class (R/R)
10:30-11:30	Piano By Lois Johnson **(1st Monday Only)**
10:00-11:30	Music ByThe Melodious Misfits Band**(2nd & 3rd MonOnly)**
10:00-11:30	Music by the Barriskills **(4th Monday Only)**
10:00-12:00	Bowling at Brunswick Delta Bowl
10:30-11:00	Exercise Class (R/R)
12:00-2:00	Tap Class (R/D)
12:00-3:00	Painting Class (R/R)
1:00-3:00	Bingo (D/H)-**SURPRISE POTS!**

TUESDAY

8:30-3:30	Billiards
8:30-12:00	Cards (D/H)
9:00-10:00	Yoga for Seniors (R/D)
9:15-10:15	Hula-Beginning (R/D) (Sign-Up Required)
9:00-11:30	Quilting Class (R/R)
10:30-11:30	Hula-Intermediate (R/D)
10:00-12:00	Bowling at Brunswick Delta Bowl
10:00-11:30	Music ByThe Melodious Misfits Band (D/H)
1:00-3:00	Knitting (D/H)
1:00-4:00	Beginning Computer Class(Sign-Up Required)
1:00-4:00	Duplicate Bridge (R/R)
1:00-4:00	Poker (D/H)

WEDNESDAY

8:15-9:15	Exercise (R/R)
8:30-3:30	Billiards
9:00-12:00	Arts & Crafts (D/H)
9:30-10:30	Exercise Class (R/R)
10:00-11:30	Music By: The Dick Coleman Trio (D/H)
10:30-11:00	Exercise Class (R/R)
12:30-2:00	"Share Your Words" Creative Writing Group(R/D)
12:00-2:00	Tap Class (R/R)
12:30-3:00	Tea Dance (R/D)**Returns February 6th!**
12:30-3:30	Arts & Crafts (D/H)

D/H = Mno Grant Dining and Bingo Hall
R/R = Riverview Room
R/D = Recreation Department

THURSDAY

8:30-3:30	Billiards
8:30-12:00	Cards (D/H)
9:00-9:30	Sweatin' To The Oldies (R/D)
9:30-10:15	Chair Dancing (R/D)
10:00-11:00	"Just for Fun" Dance Club **1st & 3rd Thursday Only** (R/R)
10:00-11:00	Zumba **2nd & 4th Thursday Only** (R/R)
10:20-11:00	Tone Up with Weights (R/D)
10:00-11:30	Country Music Day
1:00-3:00	Bingo (D/H) **SURPRISE POTS!**

FRIDAY

8:15-9:15	Exercise Class (R/R)
8:30-3:30	Billiards
9:30-10:30	Exercise Class (R/R)
10:00-11:00	Cane Do Class (R/D)
10:00-12:00	Bowling at Brunswick Delta Bowl
10:30-11:00	Music By: The Spare Change Band (D/H)
10:30-11:00	Exercise Class (R/R)
1:30-3:00	Antioch Readers Theatre (R/D)
1:00-3:30	Poker (D/H)
1:00-3:30	Advanced Computer Class(Sign-Up Required)

SERVICES FOR SENIORS

RECREATION STAFF

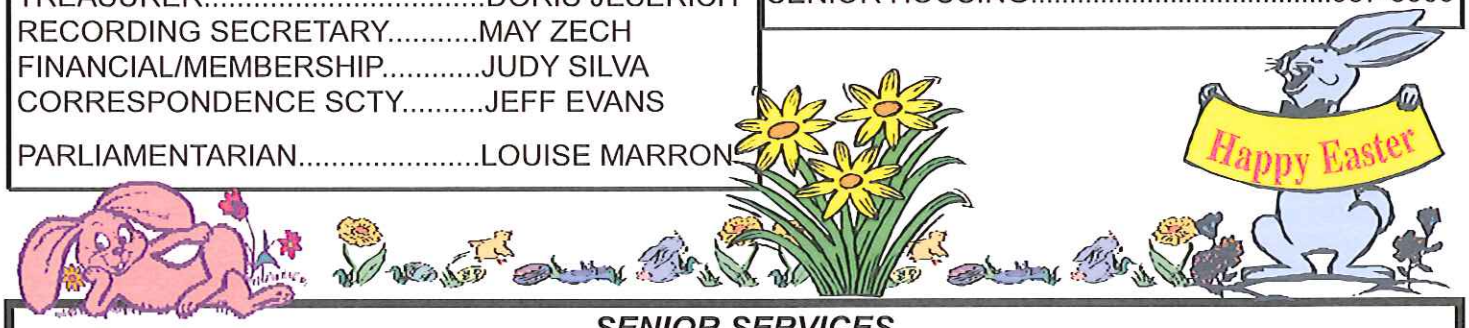
DIRECTOR.....GINA LOMBARDI-GRAVERT
PROGRAM COORDINATOR.....LAURNA BLOXSOM
CONTACT STAFF AT.....(925) 778-1158

ANTIOCH SENIOR CITIZENS' CLUB OFFICERS

PRESIDENT.....JUDY NORSEEN
1ST VICE PRESIDENT.....RICHARD WEAVER
2ND VICE PRESIDENT.....FRAN WILSON
TREASURER.....DORIS JESERICH
RECORDING SECRETARY.....MAY ZECH
FINANCIAL/MEMBERSHIP.....JUDY SILVA
CORRESPONDENCE SCTY.....JEFF EVANS
PARLIAMENTARIAN.....LOUISE MARRON

SENIOR RESOURCES

AN ELDERLY WISH FOUNDATION.....978-1883
THE BEDFORD CENTER (Sr. Day Care).....778-4171
BROWN BAG...(Thursday Only).....778-1884
DIAL-A-RIDE.....754-3060
H. I. C. A. P. 602-4160
LEGAL ASSISTANCE FOR THE ELDERLY.....706-4852
MEALS ON WHEELS.....866-669-6697
SENIOR HOUSING.....957-8005



SENIOR SERVICES

CO CO CAFE: (Nutrition Reservations) Hot nutritious lunches served Monday through Friday, at 11:30 AM. (60 years and older). All the meals served at the Antioch Senior Center Nutrition Site are low-sodium and low-fat. Call 757-7325 one working day in advance (before 11:30 AM) to make a reservation. Suggested donation is $2.00. If under 60, there is a mandatory cost of $5.00. Please phone in any cancellations, so that your meal can be given to someone else. BOX LUNCHES are also available for weekends. These must be ordered by Wednesday morning. **This program is partially funded by the City of Antioch through the CDBG and HUD grant programs. Thank You!**

BUS RIDES: Tri Delta Transit Dial-A-Ride Services. Blue Tickets accepted for FREE rides to the Senior Center for meal participants only. Availbale at the Front Desk. Special Discounted Rate $1.00 Tickets available for ASC members ONLY. On sale at the ASC front desk for rides to other locations than the Senior Center (i.e. Doctor's Office, Grocery Store, etc.) Applications for Dial-A-Ride available at the ASC front desk.

HEALTH INSURANCE COUNSELING & ADVISORY PROGRAM: Health Insurance counseling is available to Seniors by appointment only, on the 1st THURSDAY and 3rd TUESDAY each month, here at the Senior Center. Call 778-1158 to make an appointment with one of our HICAP Counselors, who will assist you with any problems or questions you may have about health services.

CARE MANAGER / NOTARY SERVICE: Our Care Manager/Notary is here on Monday mornings. Appointments start at 9:00 AM. Must have an appointment to use either of these services. Referrals for almost any "Senior" subject. Notary services available on request. **$10.00 for ASC members and non-members.**

ALZHEIMERS'S SUPPORT GROUP: The Center hosts a wonderful support group for family members and caretakers. They meet every 2nd and 4th Wednesday of each month in the Community Center from 1:30 PM to 3:00 PM.

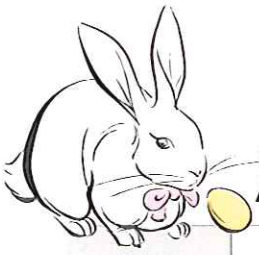
PEER COUNSELING: Counselor, Diana Gatlin. Appointments are available onTuesday and Wednesday Mornings starting at 8:30 AM. Call the Front Desk to make an appointment.

FREE LEGAL ASSISTANCE FOR THE ELDERLY: This service is available every 2nd Friday and 4th Tuesday of the month. Please call 778-1158 to make an appointment. Appointments will be scheduled between 10:00 AM and 1:00 PM in 45-minute intervals. You can also call Senior Legal Assistance at 706-4852.

FREE WILL SERVICE: Attorney, Matthew Hart will be here the third Monday of each month from 9:00 AM to noon. He will prepare a basic Will for FREE. Call the Front Desk for an appointment. No Drop-ins will be available.

PUBLIC TRANSIT TRAINING: "Beyond Antioch" is now individual consultation on Tuesdays 10:00 am-11:30am. Please call the office at 778-1158 or drop by the Front Desk to schedule an appointment with transit trainer Michael Daugelli.

ATTENTION: Many of our services are fully booked for several months. Please keep that in mind when scheduling an appointment and sign up early.



APRIL 2013

SUN	MON	TUE	WED	THU	FRI	SAT
March 31 Happy Easter!	1 Care Manager* Bingo!	2 Board of Directors Meeting 12:30PM Chinese Cultural Program	3 Peer Counseling*	4 Bingo! H.I.C.A.P*	5 Trinket Treasures 9 -11 AM Potluck 5 PM	6
7	8 Care Manager* Bingo!	9 Public Transit Training*	10 Peer Counseling* Alzheimer's Support Group	11 Bingo!	12 Movie Day 12:20 PM Free Legal Assistance* Spanish Peer Counseling*	13
14	15 Care Manager* Bingo!	16 Public Transit Training* **April Birthday Recognition!** Chinese Cultural Program H.I.C.A.P*	17 Peer Counseling*	18 Bingo!	19 Spanish Peer Counseling*	20
21	22 Care Manager* Free Wills Service* Bingo!	23 Public Transit Training* Free Legal* Assistance	24 Peer Counseling* **Volunteer Recognition Celebration!** **10-11:30 AM** Alzheimer's Support Group	25 Bingo! AARP 55 Alive Driving Class 1-Day Refresher Course	26 Spanish Peer Counseling*	27
28	29 Care Manager* Bingo!	30 Public Transit Training*				Don't Forget to use your SHARES Card!

Upcoming APRIL Events:

April 16th

April Birthday Celebration

10:30 AM
MNO Grant
Dining Hall

April 24th

Volunteer Recognition Celebration
10:00-11:30AM
MNO Grant
Dining Hall

May 31st

31st Annual Senior Picnic
MNO Grant
Dining Hall / NRCC Multi-Use Room

What Does the * Mean?
*Due to a large volume of participants, These particular services are available by appointment only.

UPCOMING EVENTS

Potluck:

Friday, April 5th

Time: 5:00 PM
Location: The Antioch Senior Center

To participate, please bring a dish to feed six people and your eating utensils. After all the eating is done, everyone plays Bingo! Join us for an evening of food, friends, and fun!

MOVIE FUN: Friday April 12th

Movie Title: Rise of *The Guardians*

Adventure, Family, Animation

PG 1 Hr. 37 Min

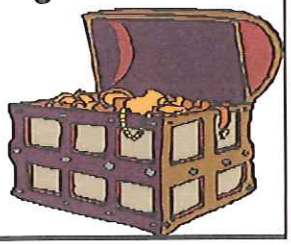
Movie starts at 12:20 PM sharp! Popcorn and Drinks Provided

Trinket Treasures: Friday, April 5th

Time: 9:00-11:00 A.M.

Sign-to feature your items at the monthly Trinket Treasure's event.
Applications available at the Front Desk to become a trinket treasure vendor.
Call for more information 925-778-1158

Location: MNO Grant Dining Hall



Coming Soon!

CANDY LAND

Gumdrops, and Lollipops...Candy Galore,
Come Celebrate the 31st Annual
Antioch Senior Picnic and More!

Date: Friday May 31, 2013
Time: 10:00 AM - 2:00 PM
Location: Antioch Senior Center
For Lunch Reservations Call 757-7325

TRIPS & TOURS

TRIP DIFFICULTY RATING SYSTEM

1 **EASY** - Up to 2 blocks of walking on even terrain and a few stairs.

2 **MILD** - Between 2-4 blocks of even walking. Standing approximately 30 minutes.

MASCOTS NAMED

Thanks for all those that submitted names and those that voted, it was a close race Let me introduce you to the ASC day tripper mascots

JAKE & MAGGIE LIVLEY

Watch for the photos of these two with you our travelers at all of the fun places that we are traveling to.

Check for any openings on our April trip!

A DAY AT THE RACES

Date: Fri, April 19, 2013

Price: $90 Per Person

At Golden Gate Fields

Includes seating in: the Turf Club and its lavish buffet.

Ask Jake & Maggie Livley for a hot tip!

1 Mary Poppins

Date: Thursday, May 9, 2013

Time: 10:45am –6:30pm Approx.

Price: $178 Per Person

Featuring a live theatre production at the Orpheum Theatre in San Francisco. This musical is set in the 1800's and will have you dancing in your seat to the lively songs and dances. This is a limited engagement –sell out performance that needs early commitments, so if you like this trip, please place a deposit as soon as possible. Orchestra Seats! Followed by lunch at the Market Street Grill in Hotel Whitcomb. Choice of Roast Chicken or Grilled Salmon. Final deadline to sign-up is March 29th!

2013 Casino Trips

Price: $33 Per Person

Please see the trips office for slot and match play rewards

Dates:	Casino:
April 23rd	Red Hawk
May 28th	Red Hawk
June 25th	Thunder Valley
July 23rd	Red Hawk
August 27th	Red Hawk
Sept. 24th	Cache Creek
Oct. 22nd	Red Hawk
Nov. 19th	Red Hawk

FLYES FOR ALL TRIPS AT TRIPS OFFICE

TRIPS DRESS CODE

Did you know that when we go on day trips we have a dress code? The Dress Code is "Nice Casual"

Please No Tank Tops (Without over shirt) No Beach Style Flip Flops. (Nice Sandals O.K.) and No Short Shorts.

Reminder: On trips we represent the Antioch Senior Center. Let's make them proud of us at all times. Thank you!

TRIPS & TOURS

TRIP DIFFICULTY RATING SYSTEM

3 **MODERATE** - Up to 4 blocks of walking. Not appropriate for wheelchairs, walkers may be OK.

4 **STRENUOUS** - More than 4 blocks of walking with many stairs and uneven terrain

Upcoming Day Trips

- Mendacino & Skunk Train
  (3 days/2 Nights)
  June 19-21 - $585 Dbl
  or $664 single occupancy
- Marin County w/ Craig Smith
  July 17th - $117
- Mystery Trip
  August 14th - $TBD
- Oakland A's (Good Seats)
  September 18th - $99

Flyers are now available here in the trips office.
Sign up Early & Often!

3 MENDOCINNO, FORT BRAGG & SKUNK TRAIN

Date: Wed. June 19 - Fri. June 21, 2013

$585 DBL OCC - $664 SINGLE OCC.

A packed 3 Days-2 Nights of views and panoramas like none other in California, We will see forts, lighthouses, gardens and birds of all kinds.

A ride on the skunk train will take us back in time and travel as well as a great meal and entertainment.
Sign-up early with a deposit to meet deadlines & ensure this trip goes.

TRIPS OFFICE HOURS
MON-THURS. 9-11:30AM
FRIDAY 10-11:30AM & 12NOON-1PM

Trip Flyers Available at the Office Door

2 4 Canadian Rockies

Date: September 16th – 22nd , 2013 7 Days – 6 Nights

Price: $2,895 Per Person - $750 Single Supplement

Any active or retired Military 5% off or past Trafalgar participants 5% off

Tour Includes: Ice Fields Parkway * Columbia Ice Field * Jasper National Park *Yoho National Park * Banff * Banff National Park * Lake Louise * Calgary *

Scenic motor coach travel along the Ice Field Parkway to Columbia Ice Field where you board an ice Explorer for a unique journey on the Athabasca Glacier. Many more fantastic views, tours and optional excursions are awaiting you; everything needed to experience the Canadian Rockies.

This Tour is All Inclusive – See Flyer in Office For Details
Air Fare, Ground Transfers Antioch – S.F. Calgary

6 Night first class accommodations; Air conditioned motor coach with reclining seats w/ restrooms 4 Dinners including Welcome reception w/ travel director; 6 full breakfasts; The services of one of Trafalgars top professional Tour Directors; Baggage handling throughout (except airline baggage fees) Tips to Bus Driver and Tour Guide; Audio headsets for all guided visits and included sightseeing. Complimentary keepsake photo and My Journey Book.

SENIOR CENTER INFORMATION

*NEW*COMING SOON*NEW*

Spanish Peer Counseling

Appointments available starting Friday April 12th. If you are a spanish speaking member of the Antioch Senior Center this is great program for you. Two appointment times available 10 am -11am or 11 am-12 pm.

For more information please contact the Antioch Senior Center at 925-778-1158

Nueva Altos Consejería de Pares

Citas disponibles a partir Viernes 12 abril. Si usted es un miembro español de la Antioch Senior Center es un gran programa para usted. Dos horas de cita disponible 10 am - 11 am o 11 am-12 pm.

Para obtener más información, póngase en contacto con el centro de la tercera edad en Antioch 925-778-1158

CoCo Cafe Updates

Due to budget cuts, the county nutrition program will be discontinuing the weekend box lunches starting effective April 2013.

A friendly reminder that the meal is a requested $2.00 donation per person. This helps off set the cost the county pays per meal which is $5.50 per person. While it is still a requested donation, we ask in these tough economical times, that those that can give $2.00 for their meal pitch in. Help keep this program going strong! Thank you for your participation.

HAPPY BIRTHDAY TO ALL OF OUR CURRENT MEMBERS WHO WERE BORN IN APRIL

Please Join Us On Tuesday April 16th as we celebrate all the birthdays for the month of March!

Cake will be available for all participants as we sing Happy Birthday in a fun ASC way!

Recipe of the Month!

Parmesan Roasted Potatoes

Ingredients:

- 2 Pounds medium red potatoes, cut into one-inch pieces
- 8 sprigs fresh thyme
- 1 cup grated Parmesan (4 oz.)
- 1/4 cup olive oil
- Kosher salt & black pepper

Directions:

1. Heat oven to 400 degress F. In a large roasting pan, toss the potatoes, thyme, Parmesan, olive oil, 1 teaspoon salt, and 1 teaspoon pepper.
2. Roast, stirring once, until golden brown and crisp, 45 to 50 minutes.
3. Serve and enjoy, a great side-dish for an Easter meal :)

SENIOR CENTER INFORMATION

Joke of the Month: By President Judy Norseen

An old woman was arrested for shoplifting at a grocery store. When she appeared before the judge, the judge asked what she had taken. The lady replied, "A can of peaches." The judge then asked why she had done it. She replied, "I was hungry and forgot to bring any cash to the store." The judge asked how many peaches were in the can. She replied, "Nine." The judge said, "Well then, I'm going to give you nine days in jail--one day for each peach." As the judge was about to drop his gavel, the lady's husband raised his hand and asked if he might speak. The judge said, "Yes, what do you have to add?" The husband said, "Your honor, she also stole a can of peas."

Sincerely, *Judy Norseen* Club President

Check-Out the New ASC Website!

www.antiochseniorcenter.com

Did you know that the Antioch Senior Center has its very own website. Our very own dedicated member and board member Jeff Evans has created a website featuring all the fun activities offered here at the senior center.

This is a great tool to use to find new activites or check-up and see what fun events may be happening at ASC.

Share this website with family and friends as this will help promote membership and allow everyone to join in on the fun!

Reminder: ASC members can now have their newsletter e-mailed or pick it up at the front counter. This helps us save on postage. Call 778-1158 for more information.

Thank you to our ASC Sponsors!

Don't forget to read your Newsletter cover to cover! Don't forget to recycle the Newsletter too!!

• Tickets • Checks • Flyers • Stamps •
• Announcements • Carbonless Forms •
• Signs • Banners • A-Frames • Auto Graphics

PRINT CLUB
your business printing partner
1913 Verne Roberts Circle • Antioch, CA 94509
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YOU NAME IT, WE PRINT IT!
Graphics • Printing • Copies • Signs

Welcome Smog
25% Off Smog Checks For All Seniors
We Offer Oil Changes Too!
Located In Lone Tree Gas Station (Next To Railevs)
STAR Certified
3720 Lone TreeWay
Antioch, CA
BBB
www.welcomesmog.com
925-779-1000
Serving Our Community Since 2007

Please Support Our Sponsors

We thank the following businesses for sponsoring the Antioch Senior Center!

S. GHANNAM DDS

Family DENTISTRY

(925) 779-1112

2225 Buchanan Rd # A, Antioch 94509

www.sghannamdds.com

0% Interest Up to 1year (OAC)

- Prompt Attention and Care
- No Hidden fees or unnecessary procedures
- Convenient Location
- Discount offers apply to Cash and Senior patients
- Emergency and Walk in Welcome
- Accept Most Insurance Plans and CareCredit®

$ 45	10-30 % OFF	$950*
(reg. $200) EXAM, X-RAY & Consultation	COMPLETED DENTAL TREATMENT PLAN WITH EXAM & X-RAY	PARTIAL or DENTURE WITH EXAM & X-RAY (EXCLUDING LAB FEE)
(X-Ray Nontransferable)	(X-Ray Nontransferable)	*Additional discount doesn't apply

- Oral Hygiene maintenance
- Root Canals
- Fillings
- Extractions
- Teeth Whitening
- Crowns & Bridges

Se Habla Español

Lowest Price, Best Care! Come Have a Tour!

Lake Alhambra Assisted Living

Celebrating 25 years of Commitment to Senior Care

Call Today: (925) 207-9728

825 East 18th Street, Antioch CA 94509

Lake Alhambra Center has been on the frontlines of providing senior care to Contra Costa County. With over 25 years of unparalleled experience in the region, we take pride in providing a high quality of personalized care for your loved one, at all levels of care and assistance, so they feel fully at home!

Quality services include...

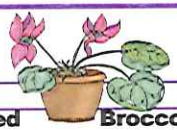
- *Delicious Home-Cooked Meals by our Chef*
- *Control & Dispensing of Medication*
- *Assistance with Showering & Dressing*
- *Live Entertainment*
- *Fun-Filled Daily Activities*
- *Religious Services*
- *Housekeeping*

BBB ACCREDITED BUSINESS

BBB Rating: A+

C.C. CAFE

APRIL 2013



APRIL 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet & Sour Pork * Mixed Cabbage Salad w/ Poppy Seed Dressing & Crisp Noodles Mixed Vegetables Steamed Rice * Orange	**2** COLD PLATE: Asian Chicken Salad (Spring Mix, *Mandarin Oranges, Sesame Seed Dressing & Crisp Noodles) Bokchoy Soup Carrot Raisin Salad 100% WW Bread w/Marg. Ice Cream (Fresh Fruit)	**3** Traditional Old Fashioned Turkey Dinner w/Gravy Green Peas w/Pearl Onions * Mashed Potatoes Stuffing Cranberry Sauce Raspberry Gelatin w/Pears (Dietetic Raspberry Gelatin w/Pears)	**4** Broccoli Beef w/Onions & Mushrooms Grape Juice * Stewed Tomatoes Tossed Salad w/Ranch Dressing Rice Pilaf Apricots	**5** Breast of Chicken Marsala * Cream of Spinach Soup * California Blend Mixed Green Salad w/Italian Dressing Twisted Noodles w/Marinara Sauce Mixed Fruit
8 Tempting Tamale Pie w/Corn Bread Topping Apple Juice Pinto Beans Tossed Salad w/Thousand Island Dressing * Tropical Fruit	**9** BBQ Pulled Pork on Bun * Potato Wedges Mixed Vegetables Lime Gelatin w/Mixed Fruit (Dietetic Lime Gelatin w/Mixed Fruit)	**10** COLD PLATE: Jack's Mock Crab Salad Potato Leek Soup Pickled Beets & Onions * Tropical Fruit Cup French Bread Lettuce, Tomato & Onion Iced Lemon Cake (Peaches)	**11** Baked Chicken Tahitian Polynesian Vegetables Mixed Green Salad w/Catalina Dressing Spicy Asian Noodles * Citrus Fruit Cup	**12** All American Cheese Burger Pineapple Juice * Potato Salad Baked Beans Lettuce, Tomato & Onion Mayo, Catsup & Mustard Bun Apricots
15 Apricot Glazed Roast Chicken Breast * DelMonaco Potatoes * Swiss Chard or Spinach 100% WW Bread w/Marg. Mixed Fruit	**16** Veal Parmesan a la Romano & Parmesan Cheese * Orange-Pineapple Juice Italian Vegetables Tossed Salad w/Italian Dressing Spaghetti w/Marinara Sauce Vanilla Pudding (Fresh Fruit)	**17** Virginia Style Baked Ham w/Pineapple-Raisin Sauce Yams Green Beans 100% WW Bread w/Marg. * Mandarin Oranges	**18** Mike's Delicious Down Home Meatloaf Apple Juice * Scalloped Potatoes Capri Vegetables 100% WW Bread w/Marg. Pears	**19** SPRING CELEBRATION! SEAFOOD SENSATION Special Spring Shrimp Salad on Lettuce Leaf Chicken & Rice Soup * Broccoli, Bell Pepper, Onion, Raisin & Pasta Salad * Citrus Fruit Cup Dinner Roll w/Margarine Chocolate Brownie (Applesauce)
22 Delicious Beef Stroganoff Grape Juice * Winter Blend Mixed Green Salad w/Ranch Dressing Rotini Noodles Peaches	**23** COLD PLATE: Waldorf Chicken Salad on Mixed Greens Hearty Vegetable Soup Carrot-Raisin Salad Pickled Beets & Onions 100% WW Bread w/Marg. * Citrus Fruit Cup	**24** Alaskan Salmon Patty w/Dill Sauce * California Blend * Whipped Mashed Potatoes Tartar Sauce Sherbet (Fresh Fruit)	**25** Carne Asada Garnished w/Salsa * Rancho Fiesta Blend Mixed Green Salad w/Blue Cheese Dressing Spanish Rice Strawberry Gelatin w/Mixed Fruit (Dietetic Strawberry Gelatin w/Mixed Fruit)	**26** Southern Style BBQ Chicken Barley Mushroom Soup * Scalloped Potatoes Succotash 100% WW Bread w/Marg. Fresh Fruit
29 Spaghetti & Meatballs Tossed Salad w/1000 Island Dressing Capri Vegetables Parmesan Cheese * Citrus Fruit	**30** Oven Roasted Chicken Tomato Basil Soup Sliced Carrots * Winter Blend Vegetables Rice Pilaf * Tropical Fruit			

* = Vitamin C
___ = Vitamin A
( ) = Dessert of Choice
All meals served w/low fat milk.

CCCafe
Good Food & Good Friends = Good Health

DELICIOUS DECISIONS! DON T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON APRIL 19
4 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!

ANTIOCH SENIOR CITIZEN'S CLUB

415 West Second St
Antioch, CA 94509

POSTMASTER:
Please deliver ASAP.
Time-Dated Material.

US POSTAGE PAID ANTIOCH, CA 94509 PERMIT #248

****NEW* Visit us at:***
www.antiochseniorcenter.com

CLUB DIRECTORY

BUSINESS HOURS 9AM-3PM

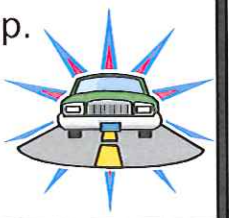
GENERAL OFFICE	**9:00 AM-3:00 PM**	(925) 778-1158
CO CO CAFE (Sr.Nutrition)	*Call before 11:30....*	*(925) 757-7325*
SENIOR CLUB TRIPS	*Call before 11:30...*	*(925) 754-2231*
MEMBERSHIP OFFICE	*Call before 11:30....*	*(925) 779-2824*

AARP 55 DRIVING CLASS:

Refresher Course:
The next AARP Driving Class is scheduled for Thursday, April 25, 2013
Time: 9:30 AM-2:30 PM

Sign-Up Starts Monday, March 25, 2012
This refresher course covers topics concerning the senior driver.
The instructor, Walter Elliott, keeps you up to date on the latest traffic laws.
The class covers many tips to help keep you safe on the road!

Class price: $12.00 AARP Members
$14.00 for non AARP members

Don't wait to sign up, spaces filling quickly.
Questions? Please call the Front Desk at 778-1158.
Don't forget to bring your license with you when you sign up.

The next two-day course is June 27 and 28, 2012
Sign-ups for the two-day course start May 27th!