



Antioch Senior Citizens' Club Newsletter

Volume 13 Issue 6

Phone (925) 778-1158

JUNE 2013

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BINGO IS HEATING UP THIS SUMMER EXCITING NEW ASC BINGO FUNDRAISER! ASC POWER BALL JACKPOT

To start this new Jackpot off, the ASC will donate \$20.00 to the Jackpot.

ASC will donate \$5.00 each Bingo Day (Mondays and Thursdays) for a progressive jackpot.

A Power Ball Number will be drawn when a game ends with the Power Ball Number, the winner(s) will split the ASC Power Ball Bingo Pot.

After all cards have been sold, a Power Ball Number will be drawn and that number will be the Power Ball Jackpot Number for the next five games. At halfway after the cards have been sold, a new Power Ball Number will be drawn for the second half of the five games. The Power Ball Number and Jackpot amount will be written down and displayed for that day.

We hope everyone will join us for this new fun and exciting fundraiser!

Reminder:

The Senior Center Will Be Closed On Thurs & Fri, July 4th & 5th In Honor Of Independence Day!

REMINDER:

The 2013 - 2014 CoCo Cafe Participant forms will be arriving in June. **ALL** Participants **MUST** fill out a new form for the new fiscal year in order to eat a meal starting July 2013. Those who do not fill out a new form will be required to do so in order to reserve a meal from the CoCo Cafe starting July 1st. Please see the front desk for any questions. We will start a form assistance table once the forms have arrived.

Thank you for helping make ASC the best!

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 By The Melodious Misfits Band (2nd & 3rd Mon Only)
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 By The 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)
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)
1:00-3:00 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 CENTER778-4171
 (Sr. Day Care)
 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 LUNCHESES** 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 on Tuesday 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.

*****NEW***SPANISH PEER COUNSELING:** Appointments are available on Friday Mornings starting at 10-11AM or 11-12 PM. Call the Front Desk to make an appointment.

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

Upcoming June Events:
 June 14-Fathers Day Recognition
 June 27 & 28 Two Day AARP Drivers Course

June 2013

What does the * mean? Due to a large volume of participants, those with the * are available by appointment only

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|--|
| 3 Care Manager* BINGO | 4 Board of Directors meeting 12:30pm Chinese Cultural Program Public Transit * Training 10-11:30am | 5 Peer Counseling* | 6 H.I.C.A.P.* BINGO | 7 Trinket Treasures 9-11am Spanish Peer Counseling* Potluck 5:00pm |
| 10 Care Manager* BINGO | 11 Public Transit* Training 10-11:30am | 12 Peer Counseling* Alzheimer's Support Meeting 1:30-3pm | 13 BINGO | 14 Free Legal Assistance* Father's Day Recognition 10:30am Spanish Peer Counseling Movie Day 12:20pm |
| 17 Care Manager* Free Will Service Free Blood Pressure Screening 10-11am BINGO | 18 H.I.C.A.P.* Public Transit* Training 10-11:30am Chinese Cultural Program | 19 Peer Counseling* | 20 BINGO | 21 Spanish Peer Counseling* |
| 24 Care Manager* BINGO | 25 Free Legal Assistance* Public Transit* Training 10-11:30am Thunder Valley Casino Trip | 26 Peer Counseling* Alzheimer's Support Meeting 1:30-3pm | 27 BINGO AARP Drivers Course 9:30-2:30pm | 28 Spanish Peer Counseling* AARP Drivers Course 9:30-2:30pm |

UPCOMING EVENTS

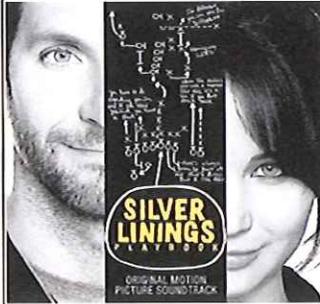
Potluck:

Friday,
June 7th

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 June 14th Movie Title: Silver Linings Playbook



An
Oscar
Award
Winner!

Rated R
2 Hours

Comedy, Drama, &
Romance

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



Trinket Treasures: Friday, June 7th

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



Recipe of the Month!

Chocolate Marshmallow Cupcake

Ingredients:

- 1 1/4 cups flour
- 1/2 cup cocoa powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup sugar
- 1/3 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla
- 3/4 cup buttermilk
- 1/2 cup semisweet chocolate chips
- (12 large marshmallows)



Directions:

Combine dry ingredients. Beat together sugar, oil, egg and vanilla. Whisk in dry ingredients and buttermilk, alternating, beginning and ending with the dry ingredients. Beat until smooth. Stir in chocolate chips. Scoop into prepared muffin pan. Bake at 350 for 20-25 minutes or until tops of cupcakes spring back lightly when touched. Let cool in pan on rack for 10 minutes; remove and cool completely on rack. Frost with Chocolate Buttercream Frosting.

After cooling 5 minutes spoon or scoop small indent in center of cake and insert large marshmallow. Marshmallow Stuffed Cupcakes!

Frosting Directions: Mix 1 cup butter, softened, 1 tablespoon plus 1 teaspoon milk, 1 teaspoon vanilla, 6 ounces semisweet chocolate, melted and cooled, 1 1/2 cups powdered sugar, Blend until spreading consistency.

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.



June Is Featuring \$\$\$\$ Discounts On All 2013 Trips!

Get **\$5 Off** if you sign up by June 30 for any scheduled trips for 2013.

Bring a friend that has not traveled with us before and they get **\$5 off** and **you** get an **additional \$5 off**

DEADLINE JUNE 30TH



Marin Adventures With Craig Smith

Date: Wednesday, July 17, 2013

Price: \$117 Per Person

The great Craig Smith will lead us on a well informed tour of Marin Civic Center, then lunch at Chalet Basque with food inspired by the Basque regions of France & Spain. Choice of Grilled Chicken, NY Steak, Poached Salmon or Vegetarian Pasta. Then we go to a Nike Missile Base and look into our recent history of the Cold War.



Mystery Trip

Date: Wednesday, August 14, 2013

Price: \$105 Per Person

Save \$5 if you sign up by June 30th

CLUE #4:

A LONG NECK AND A LONG NOSE.

CLUE #3:

THINK OF "ROAD TO..." FROM A DAY GONE PAST ADD A GREAT LUNCH.

CLUE #2:

YOU WILL HAVE HOPE THAT WOOD BRIDGE ANY DOUBTS ABOUT THIS TRIP.

CLUE #1:

YOUR MIND WILL BE WHIRLING ONE WAY OR ANOTHER.



A's Baseball A's vs. Angels

Date: Wed, September 18, 2013

WE SHOULD BE IN A PENANT RACE BY THEN

Time: 10:30am - 5:00pm Approx.

Price: \$99 Per Person

Lower deck seats within the baselines – great seats! Price includes game, great seats delicious box lunch with a choice of Roast Beef, Turkey, Pastrami or Tuna.

Upcoming Day Trips

- APPLE HILL - October 16
- Flyers are now available in the trips office.
Sign up Early & Often

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



2013 Casino Trips

Price: \$33 Per Person

Please see the trips office for slot and match play rewards

| <u>Dates:</u> | <u>Casino:</u> |
|-------------------------|----------------|
| June 25 th | Thunder Valley |
| July 23 rd | Red Hawk |
| August 27 th | Red Hawk |
| Sept. 24 th | Cache Creek |
| Oct. 22 nd | Red Hawk |
| Nov. 19 th | Red Hawk |

FLYES FOR ALL TRIPS AT TRIPS OFFICE



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 Trafalgar's 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.

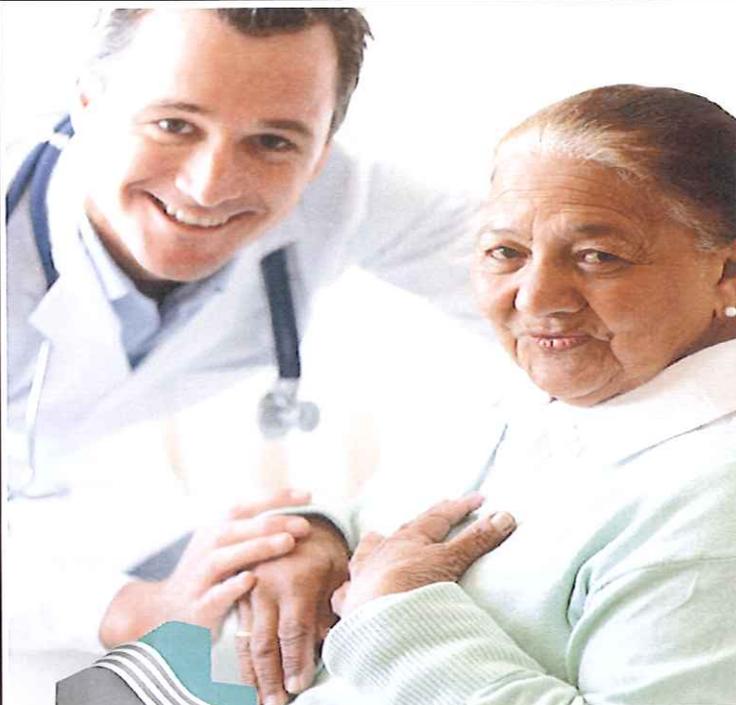
TRIPS OFFICE HOURS

MON-THURS. 9-11:30AM

FRIDAY 10-11:30AM & 12NOON-1PM

TRIP FLYERS AVAILABLE
AT THE OFFICE DOOR

SENIOR CENTER INFORMATION



GOOD NEIGHBORS HAVE GOOD HEARTS

Great neighbors make sure you do, too. With Sutter Delta Medical Center, you have a nationally ranked hospital with more than 350 doctors right in your neighborhood. So getting high quality care is more convenient than ever. It's another way we plus you.



1-800-4-SUTTER
thedoctorforyou.com/eastbay

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754-8771

YOU NAME IT, WE PRINT IT!
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**Thank you to our
ASC Sponsors!**

LOU KOCH~ HANDYMAN
(Member of the Antioch Senior Center)
Home: (925) 778-4494 of Cell: (925) 783-3455

Specializes In:
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Fencing & Fence Repair
Plumbing / Electrical
Gutters Cleaned & Repaired
Stucco Repair
Deck & Railing Repair
Drywall
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Seniors

We Offer Oil
Changes
Too!



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Antioch, CA

BBB

www.welcomesmog.com

925-779-1000

Located In Lone Tree Gas
Station (Next To Raileys)

Serving Our Community Since 2007

VOLUNTEER OF THE YEAR!

CONGRATULATIONS JUDY NORSEEN!

2012 Volunteer of the Year

For services Jan 2012-Dec 2012



Judy was honored with this award at the 2012 Volunteer Recognition Ceremony. We are pleased to report that we had over 21,500 volunteer hours this past year. Thanks again for all of your hard work and dedication in making the Senior Center a great place to be involved.

Judy has been a member of the Antioch Senior Center for the past eleven years. After the death of her son, Judy, looking for companionship, started volunteering at the Antioch Senior Center. She first started out by working in the kitchen as a server, which she enjoyed very much. As each year has passed, she has become more and more involved. She has a true passion for the seniors and the center.

Judy has been the president on the Board of Directors for the past few years, and still truly loves what she does. She is at the center every day, and loves helping in any way she can, even if it means fighting our city council. In addition, Judy organizes the volunteer Christmas luncheon every year; helps out at every senior event including the rummage sale, holiday boutique, ice cream social, senior picnic, and many senior meetings. She is always the first to show up and the last to leave in order to help with set-up and clean-up too. In addition, she also stays every month to help fold the newsletters and stuff bags for donations. In many ways the Antioch Senior Center has saved her life. She treasures the friendships she has made here, and loves that seniors have a place so special to spend their time and thrive.

It has truly been an honor to have such a loyal and fun loving volunteer and Club President here at the Antioch Senior Center.

Congratulations Volunteer of the Year Judy Norseen!

As volunteer of the year Judy will be honored with a lifetime membership to the Antioch Senior Center that she loves so much

Please Support Our Sponsors

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

Low Prices for Antioch Senior Center Members Only!

S. GHANNAM DDS

Family DENTISTRY

(925) 779-1112

2225 Buchanan Rd # A, Antioch 94509

www.sghannamdds.com



- ⊙ Prompt Attention and Care
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- ⊙ Convenient Location
- ⊙ Discount offers apply to Cash and Senior patients
- ⊙ Emergency and Walk in Welcome
- ⊙ Accept Most Insurance Plans and CareCredit[®]



| | | |
|--|---|---|
| <p>\$ 45 (reg. \$200) EXAM, X-RAY & Consulta- tion</p> <p>(X-Ray Nontransfer- able)</p> | <p>10-30 % OFF COMPLETED DENTAL TREAT- MENT PLAN WITH EXAM & X- RAY</p> <p>(X-Ray Nontransfer- able)</p> | <p>\$950* PARTIAL or DENTURE WITH EXAM & X-RAY (EXCLUDING LAB FEE)</p> <p>*Additional dis- count doesn't apply</p> |
|--|---|---|

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



Se Habla Español



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*



JUNE 2013

Monday

Tuesday

Wednesday

Thursday

Friday

JUNE 2013

3

4

5

6

7

* Sweet & Sour Pork
 * Mixed Cabbage Salad
 w/Poppy Seed Dressing
 & Crisp Noodles
Polynesian Vegetables
 Steamed Rice Pilaf
 Mixed Fruit

Tempting Tamale Pie
 w/Corn Bread Topping
 Pineapple Juice
California Blend
 Tossed salad
 w/Ranch Dressing
 * Cantaloupe

* Beer Batter Fish
 & Chips
 * Clam Chowder
 * Coleslaw
 Tender Green Beans
 Dinner Roll w/Margarine
 Tatar Sauce/Vinegar
 Sherbet
 (Peaches)

Asian Chicken Salad
 (Spring Mix, Mandarin
 Oranges, Sesame Seed
 Dressing & Crisp Noodles)
 Bokchoy Soup
Carrot-Raisin Salad
 100% WW Bread w/Marg.
 * Citrus Fruit Cup

CARNE ASADA GARNISHED
 w/Salsa
 * Orange Juice
 Black Beans
 Mixed Green Salad
 w/Ranch Dressing
 Spanish Rice
 Cherry Gelatin w/Pears
 (Diet Cherry Gelatin w/Pears)

10

11

12

13

14

Breaded Cod Fishwich
 Sandwich
 Manhattan Clam Chowder
Capri Vegetables
 * Coleslaw
 Bun
 Tartar Sauce
 * Mandarin Oranges

COLD PLATE:
 Chicken Caesar Salad
 (Mesquite Chicken, Parmesan
 Cheese, Romaine Lettuce,
 Cherry Tomatoes/CROUTONS)
 Beef Mushroom Barley Soup *
 Citrus Fruit Cup
 Roll w/Margarine
 Caesar Dressing
 Vanilla Pudding (Banana)

Spaghetti & Meatballs
 Pineapple Juice
 Sliced Carrots in Life Sauce
 Italian Green Beans
 100% WW Bread w/Marg.
 * Watermelon

Pork Carnitas
 Pinto Beans
 Mexicali Corn
 Mixed Green Salad
 w/Ranch Dressing
 Flour Tortilla
 * Tropical Fruit

Father's Day Celebration!
 Alaskan Salmon Patty
 w/Dill Sauce
 * Mixed Cabbage Salad w/Poppy
 Seed Dressing & Crisp Noodles
Mixed Vegetables
 Fluffy Rice Pilaf
 Tartar Sauce
 Lemon Meringue Pie
 (Fresh Fruit)



17

18

19

20

21

Garlic Ginger Roasted
 Breast of Chicken
California Blend
 Yams
 100% WW Bread w/Marg.
 Peaches

COLD PLATE:
 Turkey a la King
 * Orange Pineapple Juice
Spring Bean Medley
 Beet Salad
 Biscuit
 * Cantaloupe

Thin Ham Slices
 Minestrone Soup
 Carrot Raisin Salad
 Marinated Zucchini Salad
 Lettuce & Tomato
 Mustard & Mayonnaise
 Rye Bread
 * Citrus Fruit

Turkey a la King
 * Orange Pineapple Juice
Spring Bean Medley
 Beet Salad
 Biscuit
 * Cantaloupe

SUMMER BEGINS
 Texas Style BBQ Beef
 Chicken Noodle Soup
 * Winter Vegetable Blend
 Mixed Green Salad
 w/Blue Cheese Dressing
 Bun
 Tapioca Pudding
 (Fresh Fruit)

24

25

26

27

28

Salisbury Steak
 w/Onion Gravy
 * Stewed Tomatoes
 * Mashed Potatoes
Spinach Salad
 w/Catalina Dressing
 100% WW Bread w/Marg.
 Fresh Fruit

COLD PLATE:
 Tuna Salad on Lettuce Leaf
 w/Tomato Slice
 Chicken & Rice Soup
 Cucumber Salad
 Pickled Beet & Onion Salad
 100% WW Bread X2
 * Tropical Fruit

BBQ Pork Rib Patty
Capri Vegetables
 * Potato Salad
 Roll w/Margarine
 Raspberry Gelatin
 w/Fruit Cocktail
 (Diet Raspberry Gelatin
 w/Fruit Cocktail)

Mike's Delicious
 Down-Home Meatloaf
 Healthy Vegetable Soup
 Succotash
 * Au Gratin Potatoes
 100% WW Bread w/Marg.
 Ice Cream
 (Applesauce)

Mike's Delicious
 Down-Home Meatloaf
 Healthy Vegetable Soup
 Succotash
 * Au Gratin Potatoes
 100% WW Bread w/Marg.
 Ice Cream
 (Applesauce)



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

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAY 14 AND MAY 21
 4 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**

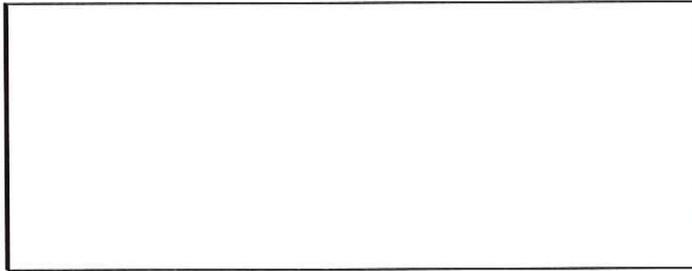


**ANTIOCH
SENIOR
CITIZEN'S
CLUB**

415 West Second St
Antioch, CA 94509

POSTMASTER:
Please deliver ASAP.
Time-Dated Material.

**US POSTAGE
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94509
PERMIT #248**



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

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



CLUB DIRECTORY

BUSINESS HOURS 9AM-3PM

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

AARP 55 DRIVING CLASS:

Beginner's Course:

**The next AARP Driving Class is
Thurs. & Fri. June 27th & 28th 2013
Time: 9:30 AM-2:30 PM**

Sign-Up Started May 27, 2013
This two-day beginner's 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.
Must Sign-Up at the ASC Front Desk.
Thank You!

Happy Father's Day!

A Father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whos love shows us the way.

Join us on Friday, June 14th as we honor Father's Day and all of the Fathers, Grandfathers, Uncles, Godfathers, Friends, and all the special men in our lives.

There is a special gift and treats to all of the members who are father's.

Funny Quote of the Month!

I Knew I Was A Senior When...

*I'm not grouchy, I just don't like traffic, waiting, children, politicians, etc....

*I'm very good at opening child proof caps...with a hammer

*I'm having trouble remembering simple words like.....uh.....