



# Antioch Senior Citizens' Club Newsletter

Volume 13 Issue 8

Phone (925) 778-1158

AUGUST 2013

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### REMINDER:

**ASC Will be  
Closed on  
Monday,  
September 2nd  
Due to the  
Labor Day  
Holiday!**

**Thank you!**



*Annual*

# Ice Cream



## Social Fundraiser

### Saturday, August 17, 2013

### 11:00 am - 1:30 pm

### Location: The Antioch Senior Center

*I Scream, You Scream, We all Scream For Ice Cream!*

The Ice Cream Social is coming soon! Featuring live music and dance performances by the Antioch Senior Flappers.

Family and friends are welcome to join the Ice Cream Social. No advanced tickets required, so come down and enjoy delicious Ice Cream treats while supporting YOUR Antioch Senior Center.

Featuring Hot Fudge Sundaes, Root Beer Floats, Ice Cream Cones, or the house favorite Banana Splits. Single Scoops starting at \$1.00, all sundaes including hot fudge are \$3.00, and our famous Banana Splits are \$4.00. \*Sugar free ice cream also available upon request.

All proceeds and tips benefit the Antioch Senior Citizen's Club.



# WEEKLY ACTIVITIES



**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 Girls Just Want to Have Fun **(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 Delta Drifters 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)  
1:00-3:30 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 .....778-4171  
 (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:** 30 minute appointments are available on Friday Mornings starting at 10-12 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 August Events:  
 Movie Day—Star Trek—August 9, 2013  
 Movie Day-OZ—August 20, 2013  
 Ice Cream Social-August 17, 2013  
 Club Membership Meeting-August 28, 2013

# August 2013

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

| Sun | Mon  | Tue  | Wed   | Thu                       | Fri  | Sat                                 |
|-----|--|--|---|---------------------------|--|-------------------------------------|
|     |  |  |   | 1<br>H.I.C.A.P.*<br>BINGO | 2 Trinket Treasures<br>9-11am<br>Potluck 5:00pm<br>Spanish Peer<br>Counseling* | 3                                   |
| 4   | 5<br>Care Manager*<br>BINGO  | 6 Board of Directors<br>Meeting 12:30pm<br>Chinese Cultural<br>Program<br>Public Transit*<br>Training 10-11:30am | 7<br>Peer Counseling*   | 8<br>BINGO                | 9<br>Movie Day<br>Free Legal<br>Assistance*<br>Spanish Peer<br>Counseling*     | 10                                  |
| 11  | 12<br>Care Manager*<br>BINGO   | 13<br>Public Transit*<br>Training 10-11:30am   | 14<br>Peer Counseling*<br>Alzheimer's<br>Support Meeting                                  | 15<br>BINGO               | 16<br>Spanish Peer<br>Counseling*  | 17<br>Ice-Cream Social<br>11-1:30pm |
| 18  | 19<br>Care Manager*<br>Free Will Service*<br>Free Blood Pressure<br>Screening 10-11am<br>BINGO | 20<br>MOVIE DAY<br>H.I.C.A.P.*<br>Chinese Cultural<br>Program<br>Public Transit*<br>Training 10-11:30am          | 21<br>Peer Counseling*  | 22<br>BINGO               | 23<br>Spanish Peer<br>Counseling*  | 24                                  |
| 25  | 26<br>Care Manager*<br>BINGO   | 27<br>Free Legal<br>Assistance*<br>Public Transit*<br>Training 10-11:30am  | 28<br>Peer<br>Counseling*<br>Alzheimer's<br>Support Meeting<br>Club Membership<br>meeting | 29<br>BINGO               | 30<br>Spanish Peer<br>Counseling*  | 31                                  |

# UPCOMING EVENTS

## Potluck: Friday, August 2nd

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!

## Trinket Treasures: Friday, August 2nd

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

Sign-to feature your items at the monthly Trinket Treasure's event.

Tables \$10.00

Applications available at the Front Desk to become a trinket treasure vendor.

Call for more information  
925-778-1158

Location: MNO  
Grant Dining  
Hall



## MOVIE FUN:

Friday  
August 9th

Movie Title:

Star Trek

Rated PG-13 2 Hour 7 Min

Action & Adventure

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



## Volunteers and Ideas Wanted

Meeting: 10:00 AM

Thursday, August 15th

ASC Boardmembers Judy Silva, Jeff Evans, Richard Weaver, and the Trips Chairperson Dave Sanderson, are heading up a new membership committee. They are looking for volunteers to bring ideas to assist in a project to bring new members to the club.

The Antioch Senior Center is a special place for all of us and it needs your help, your ideas and just a little of your time.

Ideas under consideration are a members survey, ideas for volunteerism, advertising, marketing, decorations and any ideas that will enhance the membership.

Anyone interested in being involved is welcomed to attend a **meeting scheduled for Thursday, August 15th at 10 AM**. Whether you just want to listen or give ideas, please come and see what is new and how you can help.

## Newsletter Correction:

Jean-Louis Cucuel from the ASC Painting class won three ribbons at the Contra Costa County Fair. He took 1st, 2nd & 3rd place for his Acrylic paintings.

\*Name previously misspelled as Jean De Luc\*



Antioch Senior Center Writing  
Class Presents:  
"Share Your Words"

Tuesday, August 13th

10:00 AM Location: R / D Multi Use Room

We would like to invite you to an event "Share Your Words". Our words we have written we would like you to enjoy with us. Make our day! Please come and listen!



# 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.

## WHY TRIP WITH ASC

*WE ASKED SEVERAL FOLKS WHY THEY TRAVEL WITH THE ASC DAY TRIPPERS AND HERE IS WHAT WE GOT.*

*Fran Quesada: I learn a lot and there is always good food.*

*Geri Beeks: Go to places I would not go on my own and all the details are taking care of.*

*Cleo Butler: You meet sine good people and share in the fellowship.*

*Luella Bottorff: It is so easy, just sit back and let someone else do the driving.*

**THESE ARE JUST SOME OF THE FEELINGS THAT MANY OF THE THOSE THAT TRAVEL WITH THE SENIOR TRIPS PROGRAM.**

We hope everyone would join us on any of the trips we have lined up for this year. We strive to make sure you have a great time, meet new people and see new and interesting places while having fun.

We are always looking for new ideas and places to go, if you have a place you would like to see or have heard about, let us know.

## ITALY

### TRIP PRESENTATION

**SEPT. 11<sup>TH</sup> @ 12:30 PM**

COME SEE THE PLANS FOR THE SPRING 2014 TOUR. THE TRAFALGAR REP. WILL BE ON HAND. EVERYONE ATTENDING WILL BE IN A RAFFLE FOR ONE \$200 TRAVEL CASH FOR THIS TRIP AND IF YOU SIGN UP WITHIN 3 DAYS OF THE MEETING YOU WILL GET \$100 OFF THE PRICE. ACTIVE/ RETIRED MILITARY AND/OR PAST TRAFALGAR TRAVELERS WILL RECEIVE 5% OFF.

### ??MYSTERY TRIP??

**AUG. 14, 2013**

**\$105 Save \$5 if signup by JULY 31<sup>ST</sup>**

**Clue #6:** In the day they danced while they worked and the key was ivory.

**Clue #5:** If you have a pith helmet you will be right in vogue.

**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 have hope that wood bridge any doubts about this trip.

**Clue #1:** Your mind will be whirling one way or another.



## 2013 Casino Trips

Price: \$33 Per Person

Please see the trips office for slot and match play rewards

**Dates:**                      **Casino:**

August 27<sup>th</sup>                      Red Hawk

Sept. 24<sup>th</sup>                      Cache Creek

Oct. 22<sup>nd</sup>                      Red Hawk

Nov. 19<sup>th</sup>                      Red Hawk

***FLYES FOR ALL TRIPS AT TRIPS OFFICE***

### MARIN TOUR

This month's tour was full of views and information some have never seen. Craig Smith led us thru the Houseboats in Sausalito, and to the Frank Lloyd Wright designed Marin Courthouse and one of the first Eco-Designed buildings. Then we toured a Nike Missile Site and were up close to the launch process.

## 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

- Mystery Trip  
August 14<sup>th</sup> - \$105
- Oakland A's (Good Seats)  
September 18<sup>th</sup> - \$99
- APPLE HILL  
October 16<sup>th</sup> - \$89
- Monterey Bay Aquarium  
November 13<sup>th</sup> - \$119
- S.F. Christmas Lights Tour  
December 10<sup>th</sup> - \$107

### A's BASEBALL

Wed Sept 18– A's vs Angels \$99ea

### WE SHOULD BE IN A PENANT RACE BY THEN

\$99 pp includes game, great seats  
delicious box lunch Roast Beef,  
Turkey, Pastrami or Tuna.

### APPLE HILL

Wed Oct. 16 - \$89 ea.

Get all your orders together for all  
the Apple and fruit orders as we hit  
High Hill Ranch for a Chicken  
lunch and then a visit to several  
other ranches at APPLE HILL.



## Canadian Rockies

Date: September 16<sup>th</sup> – 22<sup>nd</sup>, 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

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

## ITS HERE - AMORE – REAL ITALY

THE LONG ASKED FOR TRIP HAS ARRIVED

ROME-VENICE-VERONA-FLORENCE

MONTE CASSINO-ISLE OF CAPRI

MARCH 29-APRIL 7, 2014

\$3,995 PP - \$550 Single Supplement

(ask about the single share program)

**SPECIAL PRESENTATION**

**WED. SEPT. 11th 12:30**

**\$200 Travel Cash Raffle for This Trip**

**And a \$100 Discount for Those That Sign up  
Within 3 Days of Trip Presentation**

## Pacific Northwest Garden Tour

Featuring Portland, Seattle, Victoria and Vancouver

APR. 27 –MAY 3, 2014 (7 DAYS & 6 NIGHTS)

\$1,999 Per Person DBL OCC./ \$2,499 SINGLE

Nearly 10 different Gardens from Rose Gardens and Rhododendron to  
Chinese and Bonsai Gardens including the Butchart Gardens. See flyers  
in Trips Office for more information

## New Year's Rose Parade

December 29, 2013 – January 2, 2014

5 Days & 4 Nights \$1,414 Per Per. Dbl Occ./ \$1,714 Single Featuring  
Rose Parade and Bandfest, Ronald Reagan Library, News Years  
Celebration Party, Huntington Library Art & Botanical gardens. Train  
Ride from San Luis Obispo to L.A.

**SEE TRIPS OFFICE FOR FLYERS AND MORE INFO.**

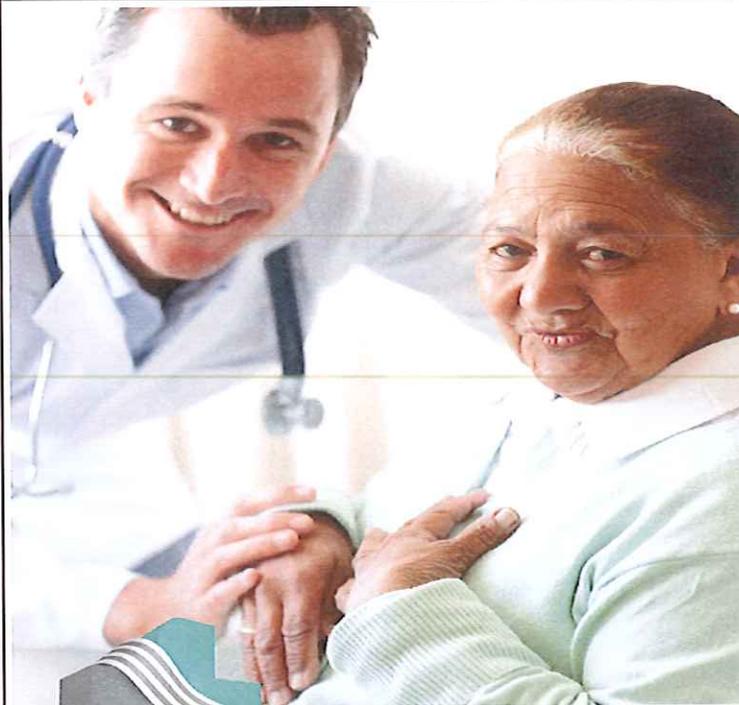
### TRIPS OFFICE HOURS

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.



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*Thank you to our  
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(Member of the Antioch Senior Center)  
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Power Washing



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Bonded

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# UPCOMING EVENTS

• ADMIT ONE •

## FREE MOVIE DAY

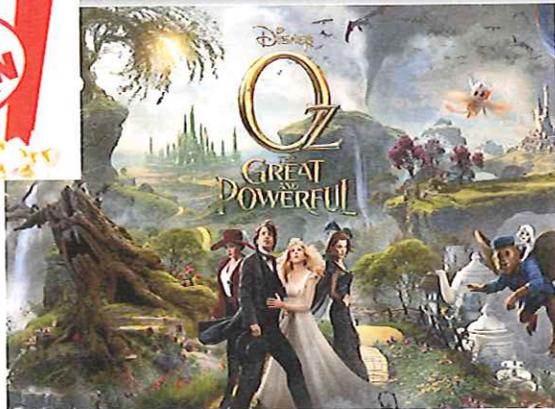
### OZ The Great and Powerful

Rated PG Family, Action & Adventure

• ADMIT ONE •

**Tuesday, August 20th 2013**  
**12:30 - 3:00 PM**

**Featuring Popcorn & Sweet Treats**  
**Sponsored By Umpqua Bank**



**Rated PG**

**Starring: James Franco,  
Mila Kunis, Rachel Weisz**  
A small-time magician is swept away to an enchanted land and is forced into a power struggle between three witches.

### Attention All Members!

**A Special General Membership Meeting: August 28th 2013!**

Time: 10:45 AM - 11:15 AM

The purpose of this meeting is for the all members present to vote for an individual to represent the membership on the election nominating committee.

The purpose of this committee is to gather those interested in running for the open board of director positions in the November 2013 elections.

This committee will prepare the slate of candidates to be voted on by the general membership population 60 days before the November elections. If you are interested in being part of this committee please see club president, Judy Norseen.

# 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

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www.sghannamdds.com



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

- ⊙ 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 18<sup>th</sup> Street, Antioch CA 94509

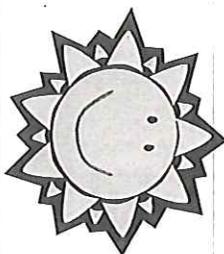
Lake Alhambra Center has been on the frontlines of providing senior care to Contra Costa County. With over 25 years of unparalleled experience in the region, we take pride in providing a high quality of personalized care for your loved one, at all levels of care and assistance, so they feel fully at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





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



Traditional Old Fashioned Turkey Dinner w/Gravy  
 Garden Peas & Pearl Onions  
 \* Mashed Potatoes  
 Stuffing  
 Strawberry Sauce  
 Pears

\* Orange Juice  
 Black Beans  
 Mixed Green Salad w/Ranch Dressing  
 Spanish Rice  
 Strawberry Gelatin w/Strawberries  
 (Diet Strawberry Gelatin w/Strawberries)

5

6

7

8

9

Breaded Cod Fishwich  
 Sandwich  
 Manhattan Clam Chowder  
 Capri Vegetables  
 Coleslaw  
 Bun  
 Tartar Sauce  
 Fresh Fruit

Cold Plate  
 Waldorf Chicken Salad on Mixed Greens  
 Hearty Vegetable Soup  
 Carrot-Raisin Salad  
 Marinated Beets & Onions  
 100% WW Bread  
 \* Citrus Cup

Spaghetti & Meatballs  
 \* Orange-Pineapple Juice  
 Marinated Zucchini Salad  
 Italian Green Beans  
 100% WW Bread w/Marg.  
 Lime Gelatin w/Peaches  
 (Diet Lime Gelatin w/Peaches)

Pork Carnitas  
 Mexican Corn  
 Mixed Green Salad w/Ranch Dressing  
 Flour Tortilla  
 \* Tropical Fruit

SUMMER SEAFOOD SENSATION  
 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 (Banana)

12

13

14

15

16

Shu's Herb Chicken  
 California Blend  
 Yams  
 100% WW Bread w/Marg.  
 Mandarin Oranges

A TASTE OF ITALY  
 Veal Parmesan a la Romano & Parmesan Cheese  
 \* Orange Juice  
 Italian Vegetables  
 Tossed Salad  
 w/Italian Dressing  
 Rotini w/Marinara Sauce  
 Italian Rum Cake (Fresh Fruit)

Cold Plate  
 Thin Ham Slices  
 Split Pea Soup  
 Carrot Raisin Salad  
 4-Bean Salad  
 Lettuce & Tomato  
 Mustard & Mayonnaise  
 Rye Bread  
 \* Citrus Cup

Turkey a la King  
 \* Orange Pineapple Juice  
 Green Peas w/Pearl Onions  
 Sliced Beets  
 Biscuit w/Marg.  
 Raspberry Gelatin w/Mixed Fruit  
 (Diet Raspberry Gelatin w/Mixed Fruit)

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

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Salisbury Steak  
 w/Onion Gravy  
 Stewed Tomatoes  
 Garlic Mashed Potatoes  
 Tender Green Beans  
 100% WW Bread w/Marg.  
 Peaches

Baked Chicken Tahitian  
 \* Orange Pineapple Juice  
 Polynesian Vegetables  
 Carrots in Lite Sauce  
 Spicy Asian Noodles  
 Chocolate Pudding (Applesauce)

Cold Plate  
 Tuna Salad on Lettuce Leaf w/Tomato Slice  
 Chicken & Rice Soup  
 Cucumber Salad  
 Pickled Beet & Onion Salad  
 100% WW Bread X2  
 \* Cantaloupe

BBQ Pork Rib Patty  
 Capri Vegetables  
 \* Scalloped Potatoes  
 Roll w/Margarine  
 Pineapple Chunks

Mike's Delicous  
 Down-Home Meatloaf  
 Hearty Vegetable Soup  
 Succotash  
 Spinach Salad w/Catalina Dressing  
 \* Mashed Potatoes  
 100% WW Bread w/Marg.  
 \* Watermelon

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Leo's Pork & Rice  
 Hawaiian Vegetable Mix  
 Mixed Green Salad  
 w/Blue Cheese Dressing  
 & Crisp Noodles  
 Tropical Fruit

Cold Plate  
 Turkey Sandwich  
 Pumpkin Celery Soup  
 4 Bean Salad  
 \* Potato Salad  
 Lettuce & Tomato  
 Mustard, Mayonnaise  
 100% WW Bread X2  
 Ice Cream  
 (Banana)

Breaded Cod Fish  
 w/Lemon Slice  
 Clam Chowder  
 Carrots in Lite Sauce  
 \* Coleslaw  
 Fluffy Rice Pilaf  
 Tartar Sauce  
 Orange Gelatin  
 w/Mandarin Oranges  
 (Diet Orange Gelatin w/Mandarin Oranges)

Home Style Lasagna  
 \* Broccoli  
 Tossed Salad  
 w/Italian Dressing  
 100% WW Bread w/Marg.  
 Tapioca Pudding (Pears)

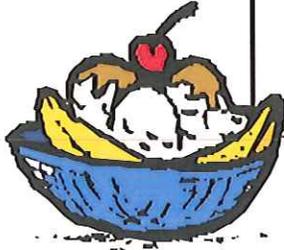
Oven Roasted Chicken  
 Tomato Basil Soup  
 \* Glazed Yams  
 Tender Green Beans  
 100% WW Bread w/Marg.  
 Mixed Fruit

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON AUG. 9 AND AUG. 13  
 4 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!



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**CLUB DIRECTORY**

**BUSINESS HOURS 9AM-3PM**

|                           |                              |                |
|---------------------------|------------------------------|----------------|
| GENERAL OFFICE .....      | <b>9:00 AM-3:00 PM</b>       | (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:**

Refresher Course:

**The next AARP Driving Class is scheduled for  
Thursday, September 19, 2013 Time: 9:30 AM-2:30 PM**

Sign-Up Starts Monday, August 19, 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 October 24 and 25, 2013**  
Sign-ups for the two-day course start September 24th!

**\*\*\*Reminder: A donation to the Antioch Senior Center is tax  
deductible to a non-profit organization \*\*\***