



Antioch Senior Citizens' Club Newsletter

Volume 13 Issue 9

Phone (925) 778-1158

SEPTEMBER 2013

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REMINDER:

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

Thank you!

Attention:
90+ Club Members



*Please join us for a morning of
tea and cakes.*

*Location: Antioch Senior Center
(Nick Rodriguez Multi Purpose Room)*

Date: Friday, September 27th, 2013

Time: 9:00 am - 11:00 am

*R.S.V.P. to the ASC Front Desk at (925) 778-1158.
Staff will then mail a questionnaire to be filled out by all
90+ members so they can be recognized!*

This event is for 90+ members and their families only.

Thank you for your cooperation.



Come enjoy a spot of tea, With lemon or with milk.

Dress in lace or bowties, Wear your satin or your silk.

A party for the 90+, Let's celebrate in style.

With lots of cheers and happiness, It's sure to make you smile.

WEEKLY ACTIVITIES



**A.S.C.
Thanks**

**Dr. Leo
Fontana**

**The
Antioch
Rotary Club**

**The
Antioch
Lions Club**

**Antioch
Committee On
Aging**

**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 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 By The 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 Walk Aerobics (R/D)
9:30-10:15 Chair Dancing (R/D)
10:00-11:00 "Just for Fun" Dance Club (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 Spanish Peer Counseling (By Appt.)
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

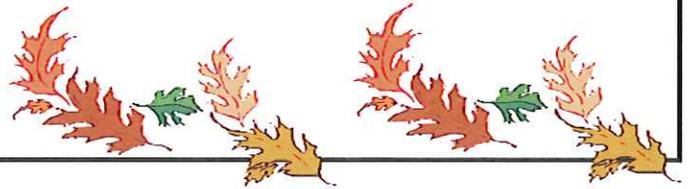
DIRECTOR.....GINA LOMBARDI-GRAVERT
 PROGRAM COORDINATOR.....LAURNA BLOXSOM
 CONTACT STAFF AT.....(925) 778-1158
 Fax #.....(925) 779-2822

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 Thursday 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.

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 September Events:
 Weatherization Seminar-Mon. Sept. 16, 2013
 AARP Drivers Course-Thurs. Sept 19, 2013
 90+ Tea Recognition -Fri. Sept. 27

September 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	2 <i>Senior Center Closed Labor Day</i>	3 Board of Directors Meeting 12:30pm Chinese Cultural Program Public Transit * Training 10-11:30am	4 Peer Counseling*	5 *Care Manager H.I.C.A.P. * BINGO	6 Trinket Treasures 9-11am Potluck 5:00pm Spanish Peer Counseling*	7
8	9 BINGO	10 Public Transit * Training 10-11:30am	11 Peer Counseling* Alzheimer's Support Meeting	12 *Care Manager BINGO	13 Movie Day Free Legal Assistance* Spanish Peer Counseling*	14
15	16 Weatherization Seminar Free Will Service* Free Blood Pressure Screening 10-11am BINGO	17 Public Transit * Training 10-11:30am *H.I.C.A.P.	18 Peer Counseling*	19 AARP Driving Course *Care Manager BINGO	20 Spanish Peer Counseling*	21
22	23 BINGO	24 Public Transit * Training 10-11:30am	25 Peer Counseling* Alzheimer's Support Meeting	26 *Care Manager BINGO	27 Spanish Peer Counseling* *90+ Tea Recognition	28
29	30 BINGO					

UPCOMING EVENTS

Potluck: Friday, September 6th

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, September 6th

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, September 13th

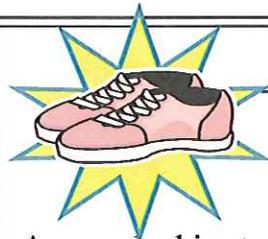
Movie Title:

Great Gatsby

Rated PG-13 2 Hour 22 Min

Action & Adventure

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



NEW Walking Class Walk Aerobics

Monday - Friday 9:00 - 9:30 AM

Anyone looking to get a little exercise in a fun and safe environment with fellow Antioch Senior Center Members?

Join the Walk Aerobics class for 30 minutes of walking to upbeat music. Class Located in the NRCC Multi-Use Room.

For the month of September we will kick off this class with a walk-a-thon. Come walk in the class and log how many laps you complete. Prizes awarded to the male and female with the most laps total at the end of the month.

(Can take breaks as needed)

Let's get fit ASC Members!

Taught By Instructor: Shirley Evans

If you find any mistakes printed here...Consider that they appear for the benefit of those who always look for them...

We try to have something for everybody !!!

Joke Of The Month

By: ASC Club President Judy Norseen

Two elderly ladies had been friends for many years. Over the years they had shared all kinds of activities & adventures. Lately their activities had been limited to playing cards a few times a week.

One day, when playing cards, one looked at the other one and said. "Now, don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least 3 minutes she just stared and glared. Finally she said, "How soon do you need to know?"



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.

TRIP NO MORE A MYSTERY

The Mystery Trip clues had them guessing, most popular idea was a Safari tour or day at the Zoo. But here is what the clues meant.

Clue # 1 : Your mind will be whirling one way or another. Referred to what happens if you drink to much and the Wurlitzer organ.

Clue #2: You have hope that wood bridge any doubts about this trip. Bob Hope & Wood Bridge

Clue #3: Think of "Road to..." from a day gone past add a great lunch. Again Bob Hope and Bing Crosby Road Movies.

Clue #4: A long Neck and a long nose.

Long neck of a bottle and Bob's nose.

Clue #5: If you have a pith helmet you will be right in vogue. Another reference of Bob's Road to Movies.

Clue #6: In the day they danced while they worked and the key was ivory. The old tradition of women crushing the grapes by foot and the ivory keys of the organ keyboard.

Final stop was Wood Bridge Winery and then the Bob Hope (FOX) Theater in Stockton with sounds of its Wurlitzer organ

ITALY

TRIP PRESENTATION

SEPT. 11TH @ 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.

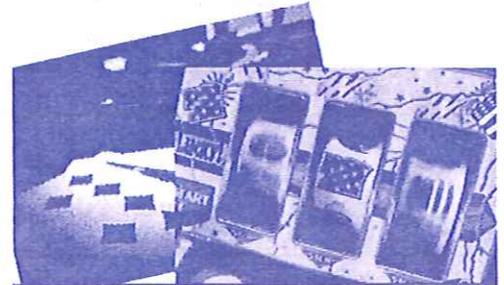
APPLE HILL

Wed Oct. 16 - \$89 ea.

Get all your orders together for the Apple and fruit orders as we hit High Hill Ranch for a Chicken lunch and then a visit to several other ranches on APPLE HILL We even have a Hay Ride planned for this trip.

Apple Hill has always been a fan favorite with all the farm fresh fruit and Veggies and everything Apple how can you go wrong.

The frozen pies stay frozen all the way home, so no worries. The Caramel, Cinnamon Crunch Apple pie is to die for.



2013 Casino Trips

Price: \$33 Per Person

Please see the trips office for slot and match play rewards

<u>Dates:</u>	<u>Casino:</u>
Sept. 24 th	Cache Creek
Oct. 22 nd	Red Hawk
Nov. 19 th	Red Hawk

FLYERS FOR ALL TRIPS AT TRIPS OFFICE

WE WILL SOON START PLANNING DAY TRIPS FOR 2014

IF YOU HAVE ANY IDEAS OR SPOTS NEW OR RETURNERS LET US KNOW.

WE NEED YOUR IDEAS TO MAKE 2014 THE BEST TRIPPING YEAR EVER

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

- **APPLE HILL**
October 16th - \$89
- **Monterey Bay Aquarium**
November 13th - \$119
- **S.F. Christmas Lights Tour**
December 10th - \$107

MONTEREY BAY AQUARIUM

Wed. Nov. 13 - \$119 ea.

Always a great place to visit no matter how many times you have been. The fascinating exhibits, the scenic views and the smell of the fresh ocean spray make this a very popular trip.

S.F. CHRISTMAS LIGHTS TOUR

Wed. Dec. 10th - \$107

Craig Smith the fantastic tour guide will take us through the City and inform of many of the secrets of the City while viewing holiday displays including 2 blocks in South S.F. with 40 homes decorated to the hilt.



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 by Friday September 13, 2013 or at the Trip Presentation. (No guaranteed space after 9/13.)

From the Canals of Venice to Tuscany to the Vatican and the Coliseum and on to Pompeii and the Isle of Capri. This tour will see the heart of Italy with tours as well as free time to explore on your own or just get a gelato. All inclusive from Antioch to Antioch and all of Italy in between.

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 ALL
HOURS AT THE OFFICE DOOR**

Please Support Our Sponsors

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

A special BIG

Thank You to the Antioch Rotary

for all of their help with the new library/computer room renovations.

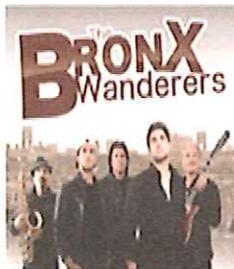
We are excited to complete this project in the near future. Look for upcoming pictures and updates as the project breaks way.

Support the Antioch El Campanil Theatre

NEW Shows Coming Soon!
Call (925) 757-9500 for ticket availability



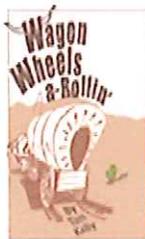
El Campanil Theatre
602 W Second Street
Antioch, Ca 94509
(925) 757-9500
www.ElCampanilTheatre.com



The Bronx Wanderers
Sat Sept 21 8:00 pm
*Capturing The Essence
Of That Great
'50s And '60s Music*



The Best Intentions
Sat Oct 19 8:00 pm
Premiere Motown Revue



The Vagabond Players
Sat Oct 26 8:00 pm
Sun Oct 27 2:00 pm

- Tickets • Checks • Flyers • Stamps •
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BBB

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UPCOMING EVENTS

FREE

Weatherization Seminar

Monday, September 16, 2013

Time: 10:00am-11:00am

Location: Antioch Senior Center

A qualified representative will be here to assist seniors in filling out an application for free weatherization.

This service will help with energy saving measures with heating systems, water heaters, cooking appliances, microwaves, refrigerators, ceiling fans, smoke alarms, ceiling insulation, weather stripping, thermostats, light bulbs, carbon monoxide detectors, etc.

COMING SOON

FREE Senior Scam Stopper Seminar

Presented By: Assemblymember Frazier

Wednesday, October 23, 2013

10:00am-11:30am

Antioch Senior Center

415 W. Second Street Antioch, CA 94509

Seniors, their families and caregivers are welcome to attend this **FREE** seminar. Experts will provide information about various types of fraud such as home repair, financial, telephone, identity theft, health and more.

We hope you will please help us share this event information with others. For more information, please contact Assemblymember Frazier's offices at (925) 778-5790 and (707) 399-3011.



Medicare Plan Review for 2014

Medicare Open Enrollment

Oct. 15 - Dec. 7, 2013

Medicare advises that you review your prescription drug plan each year. Registered HICAP (Health Insurance Counseling and Advocacy Program) counselors will be at Sutter Delta Medical Center in Antioch on November 15th from 10am to 2pm to review your Medicare drug or health plan and help you decide on the best coverage for you. **HICAP may be able to save you money.** You will need to complete a worksheet in advance and make an appointment. Call HICAP at 925-602-4163 or go to www.cchicap.org for more information. You can also pick up a worksheet in advance at the Antioch Senior Center.

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



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- ⊙ Convenient Location
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- ⊙ Emergency and Walk in Welcome
- ⊙ Accept Most Insurance Plans and CareCredit[®]

<p>\$ 45 (reg. \$200) EXAM, X-RAY & Consulta- tion</p> <p><small>(X-Ray Nontransfer- able)</small></p>	<p>10-30 % OFF COMPLETED DENTAL TREAT- MENT PLAN WITH EXAM & X- RAY</p> <p><small>(X-Ray Nontransfer- able)</small></p>	<p>\$950* PARTIAL or DENTURE WITH EXAM & X-RAY</p> <p><small>(EXCLUDING LAB FEE)</small></p> <p><small>*Additional dis- count doesn't apply</small></p>
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- ⊙ Oral Hygiene maintenance
- ⊙ Root Canals
- ⊙ Fillings
- ⊙ Extractions
- ⊙ Teeth Whitening
- ⊙ Crowns & Bridges



Se Habla Español

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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*



Monday

Tuesday

Wednesday

Thursday

Friday



LABOR DAY HOLIDAY!

- Oven Baked Chicken Sandwich
- Corn Chowder
- * Potato Wedges
- 4-Bean Salad
- Lettuce, Pickles
- Mayonnaise
- Bun
- Sherbet (Fresh Fruit)

Labor Day Celebration

- Meat Ravioli w/Marinara Sauce & Parmesan Cheese
- * California Blend
- Marinated Greek Salad
- 100% WW Bread w/Marg.
- Chilled Pears

Cold Plate

- Jack's Mock Crab Salad
- Potato Leek Soup
- Pickled Beets & Onions
- * Tropical Fruit Cup
- French Bread
- Lettuce, Tomato & Onion
- Cantaloupe

Roast Beef w/Gravy

- * Mashed Potatoes
- Capri Vegetables
- Mixed Green Salad
- w/Blue Cheese Dressing
- 100% WW Bread w/Marg.
- Cherry Gelatin w/Mixed Fruit
- Diet Cherry Gelatin w/ Mixed Fruit)

9

10

11

12

13

Grandparents' Day Celebration

- Breast of Chicken Marsala
- Cream of Spinach Soup
- Italian Green Beans
- Sliced Carrots
- Twisted Noodles/Pesto
- * Citrus Fruit



- Ye Old Pub Cheese Burger
- * Rancho Fiesta Blend
- Herb Potato Salad
- Lettuce, Tomato & Onion
- Mustard, Catsup
- Mayonnaise & Relish
- Bun
- Peaches

Pittsburg End of Summer

- Kahlua Pulled Pork over Cabbage
- Steamed Rice
- Mixed Green Salad
- w/Ranch Dressing
- Roll w/Marg.
- Hawaiian Cake
- (Pineapple Chunks)

Cold Plate

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

Krabby Cake

- * Extra Cheesy Scalloped Potatoes
- Spring Bean Medley
- Spinach Salad
- w/Catalina Dressing
- Tartar Sauce
- Ice Cream
- (Pears)

16

17

18

19

20

Colossal Hot Dog

- w/Cheese
- Baked Beans
- * Potato Salad
- Onion/Mustard
- Catsup & Relish
- Bun
- Mixed Fruit

Cold Plate

- Cobb Salad
- Minestrone Soup
- Pears
- Blue Cheese Dressing
- 100% WW Bread w/Marg.
- * Cantaloupe

Virginia Style Baked Ham

- w/Pineapple/Raisin Sauce
- * Glazed Sweet Potatoes
- * California Blend
- 100% WW Bread w/Marg.
- Cinnamon Sliced Apples

Stuffed Pepper

- Lentil Soup
- Spring Bean Medley
- * Delmonico Potatoes
- 100% WW Bread w/Marg.
- Lime Gelatin w/Pears
- (Diet Lime Gelatin w/Pears)

Last Day of Summer

- Southern Style BBQ Chicken
- Mushroom Barley Soup
- Whole Kernel Corn
- * Swiss Chard or Spinach
- Corbread w/Margarine
- Ambrosia Salad
- (Fruit Cocktail)

23

24

25

26

27

Fall Beginnings

- Sweet & Sour Pork
- Sliced Carrots
- Polynesian Vegetables
- Steamed Rice
- * Tropical Fruit



- Templing Tamale Pie
- w/Corn Bread Topping
- * California Blend
- Pinto Beans
- Mixed Green Salad
- w/Ranch Dressing
- Peaches

- Beer Batter Fish & Chips
- Tomato Basil Soup
- * Coleslaw
- Capri Vegetables
- Dinner Roll w/Margarine
- Tartar Sauce/Vinegar
- Vanilla Pudding
- (Applesauce)

- Traditional Old Fashioned Turkey Dinner w/Gravy
- Garden Peas & Pearl Onions
- * Mashed Potatoes
- Stuffing
- Cranberry Sauce
- Applesauce Cake
- (Mixed Fruit)

- Carne Asada Garnished w/Salsa
- Orange Juice
- Black Beans
- Mixed Green Salad
- w/Ranch Dressing
- Spanish Rice
- Lemon Gelatin
- w/Whip Topping
- (Diet Lemon Gelatin)

30

Breaded Cod Fishwich

- Sandwich
- Manhattan Clam Chowder
- Capri Vegetables
- * Coleslaw
- Bun
- Tartar Sauce
- Sherbet
- (Fresh Fruit)



* = 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 4 DAILY ENTREES CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI!

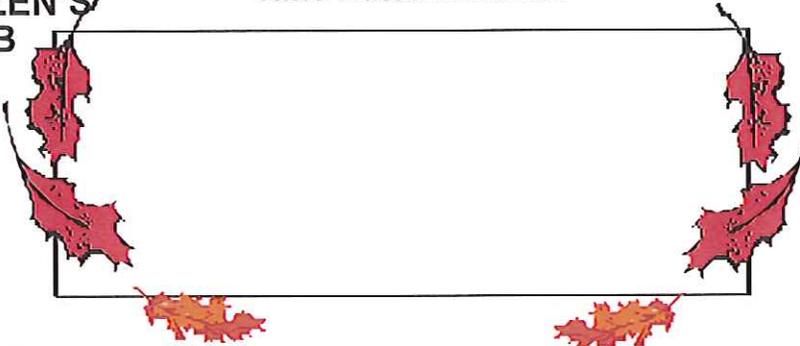


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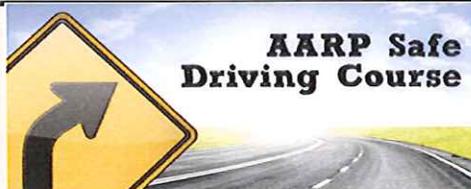
**Don't forget to read your Newsletter cover to cover!
Don't forget to recycle the Newsletter too!!**



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 Safe
Driving Course**

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 Available Now! Spaces Limited.
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 *****