



# Antioch Senior Citizens' Club Newsletter

Volume 13 Issue 10

Phone (925) 778-1158

OCTOBER 2013

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**Join Us For Upcoming October Events!**

*Halloween* **SPECIAL** **MOVIE FUN**

**Friday, October 11th**  
**Movie Title: Ghostbusters**

**Action & Adventure**    **Rated PG - 2 Hours**

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

**Seniors Spooktacular Evening**

**Date: Friday, October 18th**  
**Time: 5:00pm-7:30pm**  
**Price: \$7.00 per person**

Sign-Up at the ASC Front Desk.

Halloween costumes encouraged for an evening of spooktacular fun! Featuring Live music, Pizza, Salad, and Drinks.  
 Call 778-1158 for more information.

**REMINDER:**

**ASC Will be  
 Closed on  
 Monday,  
 November 11th  
 Due to the  
 Veteran's Day  
 Holiday!**

**Thank you!**

**Halloween Party & Costume Contest**

**Wednesday, October 31st**  
**9:30-11:30am**

**Attention all ASC Guys and Ghouls!**

Join us for a chilling morning of games, costume contests, dancing, and a scary good time! Dress up in your favorite costume and join in on all the halloween fun!

# WEEKLY ACTIVITIES

**A.S.C.  
Thanks**

**Dr. Leo  
Fontana**

**The Antioch  
Rotary Club**

**The Antioch  
Lions Club**

**Antioch  
Comittee On  
Aging**

**and  
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 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 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 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 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 925-602-4168 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.*

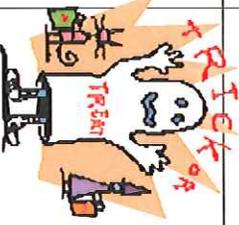
Upcoming October Events:  
 Movie Day – Oct 11, 2013  
 Hot Dog Lunch – Oct. 14, 2013  
 Sips at Sunset-Oct 18, 2013

# October 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 Board of Directors Meeting 12:30pm Chinese Cultural Program Public Transit * Training 10-11:30am	2 Peer Counseling*	3 Care Manager H.I.C.A.P. * BINGO	4 Trinket Treasures 9-11am Spanish Peer Counseling* Potluck 5:00pm	5
6	7 BINGO	8 Public Transit * Training 10-11:30am	9 Peer Counseling* Alzheimer's Support Meeting	10 Care Manager* BINGO	11 Movie Day Free Legal Assistance* Spanish Peer Counseling*	12
13	14 CC. Café Closed Per County Hot Dog Lunch* BINGO	15 Public Transit *Training 10-11:30am *H.I.C.A.P.	16 Peer Counseling*	17 Care Manager* BINGO	18 Spanish Peer Counseling* Sips at Sunset 5:00pm-7:30pm	19
20	21 Free Will Service* Free Blood Pressure Screening 10-11am BINGO	22 Public Transit * Training 10-11:30am	23 Peer Counseling* Fraud Prevention Seminar Alzheimer's Support	24 Care Manager* BINGO	25 Spanish Peer Counseling*	26
27	28 BINGO	29 Public Transit * Training 10-11:30am	30 Peer Counseling*	31 Halloween Party 10-11:30am Care Manager* BINGO		

# UPCOMING EVENTS

## Potluck:

Time: 5:00 PM

Friday,  
October 4th

Location: The  
Antioch  
Senior Center

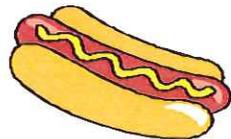
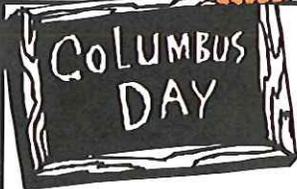
To participate, please bring a dish to feed six people and your eating utensils. After all the eating is done, everyone plays Bingo! Join us for an evening of food, friends, & fun!

## Trinket Treasures: Friday, October 4th

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



October 14th, 2013  
**Hot Dog Lunch \$3.00**

The Antioch Senior Center will be open on Columbus Day. (Mon, Oct. 14th) This holiday is recognized by the CoCo Cafe so we will not be serving a county meals this day. Instead we will be hosting a delicious Costco hot dog lunch.

Please sign-up to reserve your lunch at the Nutrition desk. **Lunch will be \$3.00 per person.** Featuring a Costco hotdog, Bottled water, Potato Salad and Dessert. All of the regular activities will be going on as scheduled, so come on down. Call the Nutrition Desk at 757-7325 for more information!

## FREE Senior Scam Stopper Seminar

Presented By: Assemblymember Frazier



Wednesday, October 23, 2013  
10:00am-11:30am  
Located at the Antioch Senior Center



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.

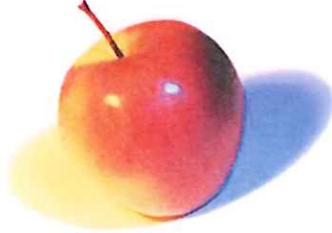
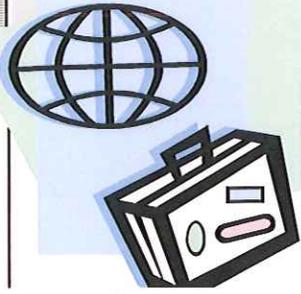
# TRIPS & TOURS

## 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.



## Apple Hill

Date: Wednesday, October 16,

Price: \$89.00 Per Person

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.

Sign-Up Today!

## Italy Trip Presentation

The presentation was heralded in with the music from BEN HUR, a fully clad Roman Gladiator (Dave) declared “Friends, Romans and Citizens from the Antioch Senior Center, we are not here to praise Caesar, but to visit the heartland of his empire; From the hills of Tuscany to the Isle of Capri, From Rome itself to the Archives of Pompeii,”

Biscotti, Caffee and European cookies were served and everyone got to hear from the representatives from Trafalgar and Alamo Travel what was in store. A short video presentation showed us the wonders in store.

The availability of this trip is limited so there many only be waiting list spaces available by the time this article is read.



## 2013 Casino Trips

Price: \$33 Per Person

Please see the trips office for slot and match play rewards

<u>Dates:</u>	<u>Casino:</u>
Oct. 22 <sup>nd</sup>	Red Hawk
Nov. 19 <sup>th</sup>	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

- Monterey Bay Aquarium
- S.F. Christmas Lights Tour

### Monterey Bay Aquarium

Date: Wednesday, Nov 13th

Price: \$119.00 Per Person

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 open spray make this a very popular trip.

### S.F. Christmas Lights Tour

Date: Wednesday, Dec 10th

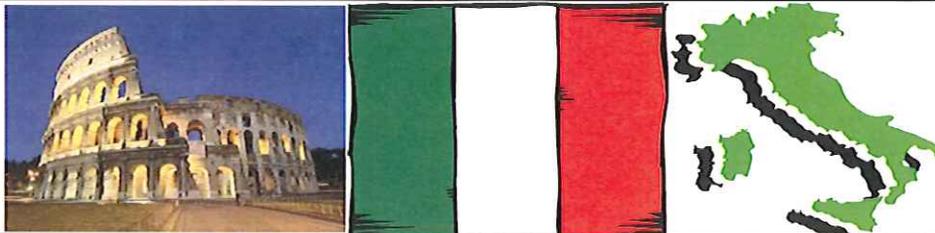
Price: \$107.00 Per Person

Craig Smith, the fantastic tour guide, will take us through the City and inform us 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.

#### TRIPS OFFICE HOURS

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

TRIP FLYERS AVAILABLE  
AT THE OFFICE DOOR



## 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 single share program)

No guaranteed space after 9/13, Possible Waiting List

**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

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 Bonsai Gardens including the Butchart Gardens.

#### 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, New Year's Celebration Party, Huntington Library Art & Botanical Gardens. Train Ride from San Luis Obispo to L.A.

**SEE TRIPS OFFICE FOR FLYERS & MORE INFO**

# Please Support Our Sponsors

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

## Joke Of The Month

By: ASC Club President Judy  
Norseen

Grandma Sally's first great-grandchild was born and after a few weeks, when the parents need a break, she was given the job of watching her.

"Let me see the little cutie," begs her friend Gerty. "Not yet", Sally responds.

When she again refuses five minutes later Gerty has had enough "what are you waiting for?" she fumed. "I'm waiting for her to cry." "Why is that?" questioned Gerty.

"Well, because I forgot where I put her!"

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

# PRINTCLUB

*your business printing partner*

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## 754-8771

**YOU NAME IT, WE PRINT IT!**

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## LOU KOCH~ HANDYMAN

(Member of the Antioch Senior Center)

Home: (925) 778-4494 of Cell: (925) 783-3455

### Specializes In:

- Interior / Exterior Painting
- Window Washing / Screen Repair
- Fencing & Fence Repair
- Plumbing / Electrical
- Gutters Cleaned & Repaired
- Stucco Repair
- Deck & Railing Repair
- Drywall
- Power Washing



**'NO JOB TOO SMALL'**  
Bonded

## Welcome Smog

★ STAR Certified

25% Off Smog  
Checks For All  
Seniors

We Offer Oil  
Changes  
Too!



3720 Lone TreeWay  
Antioch, CA

BBB

[www.welcomesmog.com](http://www.welcomesmog.com)

## 925-779-1000

Located In Lone Tree Gas

Station (Next To Ralleys) Serving Our Community Since 2007

# UPCOMING EVENTS

## *Come Learn Hula With Us!*

Every Tuesday  
Starting October 15th



All levels and beginners welcome!  
Beginning Class 9:30 am  
Advanced Class 10:30 am

*Sympathy to the  
family & friends of ...*

**Dick Coleman**

*May he rest in Peace*

## Upcoming Beyond Antioch Events

**Tuesday, October 22nd 10:00 AM**

Meet in the main lobby for a nice walk to the Marina promoting Transit & Trails.  
Back by 11:30 AM.

**Wednesday, November 20th 10:00 AM**

Free transit tickets to Big Break in Oakley. Bring your own lunch and be ready for a nice walk and a guided tour. Back by 4:30 PM.

For transit information see Michael Daugelli on Tuesdays in the ASC Trips Office.



# RED HAT SOCIETY

## Upcoming Red Hat Social & Events

(\*Please check with front office for more detailed information)

\*The Golden Follies Presents  
"Feel The Rhythm"  
Sunday, November 3, 2013  
Time: 2:00pm  
Price: \$22.00



\*Red Hat Golden Gate Fields  
Grandstand & Club House  
Friday November 15, 2013  
Time: 11:00am  
Price: \$34.00



\*Christmas Luncheon & Gift Exchange  
Friday, December 13, 2013 Time:  
11:30am  
Price: \$12.00 RSVP by Dec. 9, 2013

\*Victorian Christmas Tea  
Saturday December 7, 2012  
There are two seating's: 11:00am &  
2:00pm  
Price: \$30.00 RSVP by November 30,  
2013

# 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 CA 94509

www.sghannamdds.com



0% Interest  
Up to 1 year  
(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®

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



Monday

Tuesday

Wednesday

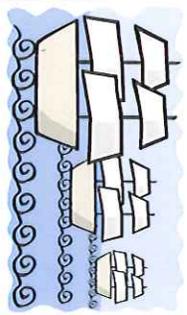
Thursday

Friday



1	<b>Cold Plate</b> Waldorf Chicken Salad on Mixed Greens Hearty Vegetable Soup Marinated Greek Salad Pickled Beets & Onions Dinner Roll w/Marg. * Citrus Cup	2	Spaghetti & Meatballs * Orange Juice Sliced Carrots in Lite Sauce Italian Green Beans 100% WW Bread w/Marg. Lime Gelatin w/Mixed Fruit (Diet Lime Gelatin w/Mixed Fruit)	3	Pork Carnitas * Orange-Pineapple Juice Black Beans Mexicali Corn Mixed Green Salad w/Ranch Dressing Flour Tortilla Apricots	4	<b>OCTOBERFEST!</b> German Sausage * Seasoned Steamed Cabbage * Hot German Potato Salad Mustard Bun Apple Crisp (Applesauce w/Cinnamon)
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7	Shuri's Herb Chicken * California Blend <b>Yams</b> 100% WW Bread w/Marg. Mixed Fruit	8	Veal Parmesan a la Romano & Parmesan Cheese <b>Italian Vegetables</b> Tossed Salad w/Italian Dressing Rotini w/Marinara Sauce * Orange	9	<b>Cold Plate</b> Thin Ham Slices Split Pea Soup Carrot Raisin Salad 4 Bean Salad Lettuce & Tomato Mustard & Mayonnaise Rye Bread * Citrus Cup	10	Turkey a la King * Orange Juice Green Peas w/Diced Red Peppers Sliced Beets Biscuit Raspberry Gelatin w/Pears Rasperry Gelatin (Diet Rasperry Gelatin w/Pears)	11	<b>COLUMBUS DAY CELEBRATION</b> BBQ Beef Chicken Noodle Soup * Winter Vegetable Blend Mixed Green Salad w/Blue Cheese Dressing Bun Ice Cream (Banana)
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14	<b>COLUMBUS DAY HOLIDAY!</b> 	15	Baked Chicken Tahitian * Orange Pineapple Juice <b>Polynesian Vegetables</b> Carrots in Lite Sauce Spicy Asian Noodles Lemon Meringue Pie (Fresh Fruit)	16	<b>Cold Plate</b> Tuna Salad on Lettuce Leaf w/Tomato Slice Chicken & Rice Soup Cucumber Salad Pickled Beet & Onion Salad 100% WW Bread X2 * Tropical Fruit	17	BBQ Pork Rib Patty Capri Vegetables * Scalloped Potatoes Roll w/Margarine Peaches	18	Mike's Delicious Down-Home Meatloaf Hearty Vegetable Soup Succotash * Mashed Potatoes Spinach Salad w/Catalina Dressing 100% WW Bread w/Marg. Strawberry Gelatin w/Strawberries (Diet Strawberry Gelatin w/Strawberries)
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21	Leo's Pork & Rice <b>Hawaiian Vegetable Mix</b> Mixed Green Salad w/Ranch Dressing * Citrus Fruit	22	<b>Cold Plate</b> Turkey Sandwich Pumpkin Celery Soup 4 Bean Salad * Potato Salad Lettuce & Tomato Mustard, Mayonnaise 100% WW Bread X2 Pears	23	Breaded Cod Fish w/Lemon Slice Clam Chowder Carrots in Lite Sauce * Coleslaw Fluffy Rice Pilaf Tartar Sauce Chocolate Pudding (Fresh Fruit)	24	Home Style Lasagna * Broccoli Sliced Beets Tossed Salad w/Thousand Island Dressing 100% WW Bread w/Marg. Pineapple Chunks	25	Oven Roasted Chicken Tomato Basil Soup * Glazed Yams Tender Green Beans 100% WW Bread w/Marg. Sherbet (Mixed Fruit)
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28	Sweet & Sour Meatballs Apple Juice Carrots * Broccoli Steamed Rice * Mandarin Oranges	29	Grilled Chicken Sandwich Mushroom Barley Soup * Mashed Potatoes Marinated Greek Salad Lettuce, Pickles Mayonnaise Bun Peaches	30	Beef Sukiyaki * Orange-Pineapple Juice California Blend Steamed Rice 100% WW Bread w/Marg. Mixed Fruit	31	<b>HALLOWEEN CELEBRATION!</b> Elvira's Mock Crab Salad Witches Brew Potato Leek Soup One-Eyed Pickled Beets & Onions * Creepy Tropical Fruit Cup Undead French Bread Igor's Lettuce, Tomato & Onion Devil's Food Cake (Fresh Fruit)
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DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON OCT. 4, OCT. 11 AND OCT. 31  
4 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALADI!

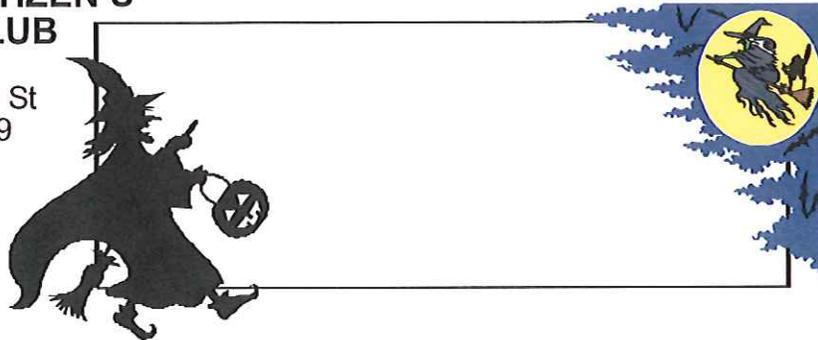


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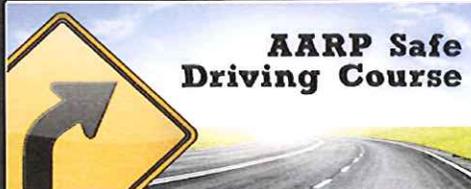
**Don't forget to read your Newsletter cover to cover!  
Don't forget to recycle the Newsletter too!!**



**CLUB DIRECTORY**

**BUSINESS HOURS 9AM-3PM**

GENERAL OFFICE .....	<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 Safe  
Driving Course**

**AARP 55 DRIVING CLASS:**

Beginner Course:

**The next AARP Driving Class is scheduled for:  
Thursday, October 24th & Friday, October 25th, 2013  
Time: 9:30 AM-2:30 PM**

Sign-Up Available Now! Spaces Limited.

This course covers topics concerning the senior driver.  
Learn up to date traffic laws and tips to help keep you safe on the road!

**Class price: \$12.00 AARP Members / \$14.00 for non AARP Members**

Payment must be made upon class sign up. Cash or check only.

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.

This is the last driving course offered in 2013.

**Sign-ups for the 2014 courses will begin in Spring 2014!**

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