

**In memoriam – Olga Sharp**  
**Our condolences to Susan Stubbs, Bingo Manager on the lose of her father**  
**SENIOR CITIZEN ASSOCIATION OF CALIFORNIA CITY**  
**NEWSLETTER**  
**MABLE DAVIS SENIOR CENTER**  
**10221 HEATHER, CAL CITY, 93505**  
**(760) 373-1006**  
**Office Hours 10:00am – 2:00pm Mon thru Fri (except Holidays)**

**VOLUME 14**

**APRIL 2009**

**NUMBER 4**

**ACTIVITIES AND CLASSES**

**Lunch served 12 noon Monday thru Friday (except holidays)**

**Bingo - Friday at 1:00PM**

**BIRTHDAY PARTY - 3<sup>rd</sup> Wednesday of the month**

**BOARD MEETING - 4<sup>th</sup> Wednesday of the month – 12:45PM**

**Cards - Most any day**

**Cribbage - Wednesday morning 10:00AM until lunch**

**HOT LUNCHESES...PROVIDED BY KERN CO. DAILY AT 12 PM (EXCEPT WEEKENDS and HOLIDAYS). LUNCH FOR SENIORS 60 YEARS AND OLDER, DONATION \$2.00. IF EITHER SPOUSE IS OVER 60 BOTH QUALIFY. FOR PERSONS UNDER 60, THE COST IS \$5.00. RESERVATIONS REQUIRED. RESERVATION MUST BE MADE BEFORE 1:00 PM THE DAY BEFORE – RESERVATIONS CLOSE AT 1:00PM. NUTRITION SERVICES FOR ELIGIBLE SENIORS WILL NOT BE DENIED FOR FAILURE TO MAKE A DONATION.**

**Information - Monday - Friday - 10:00AM until 2:00PM**

**Line Dancing - Tuesday – Community Center - 9:00AM - CONTACT Coral at 373 2450 or Rita at 373-3530 for time.**

**Scrabble - CONTACT Sara Hamel at 373 4783**

**Trips and Excursions - Call for dates and times**

**Every day activities include pool, cards, watch large screen TV in the lounge, horseshoes, shuffle board.**

**OFFICERS**

**President –Bob Smith**

**Vice President – Lou Mathews**

**Secretary –Ruth Settles**

**Treasurer –Pat Moseley**

**News Letter Editors - Pat & Gerald Moseley - 373 4158 NOTE; Information published in this newsletter is thought to be reliable at the time of publication. However, we don't guarantee the accuracy nor the content of the information presented.**

## APRIL 2009 CALENDAR

|   |   |   |  |   |
|---|---|---|--|---|
|   |   | <b>(1) Wednesday</b><br>Cribbage - 10:00am<br>Adult Exercise Class -<br>8:30 – 9:30am<br><b>Mahjongg – 1:00pm</b>                           | <b>(2) Thursday</b>                            | <b>(3) Friday Bingo</b><br><b>1:00pm</b><br>Adult Exercise Class -<br>8:30 – 9:30am<br>CALL 373-3530<br><b>Hall Ambulance</b><br><b>Blood pressure –</b><br><b>11:am-12 noon</b><br>Bridge – 1:00pm |
| <b>(6)Monday</b><br>Adult Exercise Class -<br>8:30 – 9:30am   | <b>(7) Tuesday</b><br><b>Line Dancing –</b><br>Community Center –<br>Call Coral 373-2540 or<br>Rita at 373-3530<br>10 am<br><b>Kern County Public</b><br><b>Health – Senior</b><br><b>Center – 10:am- –</b><br><b>Blood pressure,</b><br><b>weight, Tetanus Shots</b><br>–Bowling 10 am<br><u><b>Income Tax help</b></u><br><u><b>10:00am –1:30pm</b></u> | <b>(8) Wednesday</b><br>Cribbage - 10:00am<br>Adult Exercise Class -<br>8:30 – 9:30am<br><b>Mahjongg – 1:00pm</b>                           | <b>(9) Thursday</b>                            | <b>(10) Friday BINGO</b><br><b>1:00pm</b><br>Adult Exercise Class –<br>8:30 – 9:30am<br><b>Hall Ambulance</b><br><b>Blood pressure</b><br><b>11:am-12 noon</b><br>Bridge – 1:00pm                   |
| <b>(13) Monday</b><br>Adult Exercise Class –<br>8:30 – 9:30am | <b>(14) Tuesday</b><br><b>Line Dancing –</b><br>Community Center –<br>Call Coral 373-2540 or<br>Rita at 373-3530<br>9 –10 am<br><b>Bowling 10 am</b><br><u><b>Last day of Income Tax</b></u><br><u><b>help 10:00am –1:30pm</b></u>  | <b>(15) Wednesday</b><br><b>BIRTHDAY PARTY</b><br>Cribbage – 10:00am<br>Adult Exercise Class –<br>8:30 – 9:30am<br><b>Mahjongg – 1:00pm</b> | <b>(16) Thursday</b>                           | <b>(17) Friday BINGO</b><br><b>1:00pm</b><br>Adult Exercise Class -<br>8:30 – 9:30am<br><b>Hall Ambulance</b><br><b>Blood pressure –</b><br><b>11:am-12 noon</b><br>Bridge – 1:00pm                 |
| <b>(20) Monday</b><br>Adult Exercise Class –<br>8:30 – 9:30am | <b>(21) Tuesday</b><br><b>Line Dancing –</b><br>Community Center –<br>Call Coral 373-2540 or<br>Rita at 373-3530<br>9 –10 am<br><b>Bowling 10 am</b>  | <b>(22) Wednesday</b><br><b>BOARD MEETS</b><br>Cribbage – 10:00am<br>Adult Exercise Class –<br>8:30 – 9:30am<br><b>Mahjongg – 1:00pm</b>    | <b>(23) Thursday</b><br><b>FOLD NEWSLETTER</b> | <b>(24) Friday BINGO</b><br><b>1:00pm</b><br>Adult Exercise Class -<br>8:30 – 9:30am<br><b>Hall Ambulance</b><br><b>Blood pressure –</b><br><b>11:am-12 noon</b><br>Bridge – 1:00pm                 |
| <b>(27) Monday</b><br>Adult Exercise Class –<br>8:30 – 9:30am | <b>(28) Tuesday</b><br><b>Line Dancing –</b><br>Community Center –<br>Call Coral 373-2540 or<br>Rita at 373-3530<br>9 –10 am<br><b>Bowling 10 am</b>  | <b>(29)Wednesday</b><br>Cribbage – 10:00am<br>Adult Exercise Class –<br>8:30 – 9:30am<br><b>Mahjongg – 1:00pm</b>                           | <b>(30)Thursday</b>                            |   |

**INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE? CALL HICAP at 1-800-434-0222 – ask for Yolanda Prado or one of her associates.**

## LUNCH RESERVATIONS

To make lunch reservations – Call 373-4585 (answering machine in kitchen which is checked by Rosamond) or 661-256-0557 (Rosamond). When you call the California City Senior Center and get the answering machine, it is not checked in time for the reservation to be made in Rosamond. If you get a person to answer the phone in California City, he or she will make the reservation for you. **REMEMBER, THE ANSWERING MACHINE FOR PHONE 373-1006 (Senior Center Office) WILL PROBABLY RESULT IN YOU NOT GETTING LUNCH.**

### INCOME TAX HELP

It is tax time again. Judy will be at the Center on Tuesdays, (starting Feb. 17) to help you with your taxes.

### APPOINTMENTS ONLY

10:00AM—2:00PM

***April 14 is the last day***

### AARP SAFE DRIVING

It is getting time for the AARP Safe Driving Course. There is a sheet in the lobby. When enough sign up, Judy will hold a class.

Sara Hamel does the “Birthday Cards”. Thanks.

The honorees at the March party were John Gursky, Jeanette McIntire, Louise Mark, Gregory Corral, Norma Dillon, Leona Shanks, Zelda Skretvedt and Gerald Zindler.

The March Birthday Party was hosted by Lorryne Balsitis and Linda Jordan.

Due to space limitations, Please, 1 guest per honoree at the Birthday Table. Additional guests are very welcome in the general dining area.

Seniors having Birthdays in April are Bill (Ralph) Sprague, Eugene Turner, Barbara A. Rest, Virgil T. Harper, Bill Seibert, Kitty Von Rossbach, Gregorio Rodriguez, Ronald Carney, Rosa Garcia, Suzane Weathers, Donald Weaver, Jesus Munoz, Charles L. Shepherd, Russell Eddington, Cheryl Glisson, Eva Darwin, Louis Gregory,

Helen Nolan and Valerie Wilson.

The April Party will be hosted by Carmella Cook and Gerald Zindler.

If you are one of the Birthday Honorees, please indicate that when making your reservation.

**REMEMBER – space is limited, so sign up early.**

**IF YOU PLAN TO ATTEND, PLEASE GIVE US SOME ADVANCE NOTICE SO THAT WE CAN PREPARE FOR YOU**

### **MEALS-ON-WHEELS**

The “Meals on Wheels” program needs drivers to deliver the hot meals to our shut ins. If you would like to be a volunteer driver for this program, contact Bob Smith

**REMEMBER** Bingo every Friday – Mahjongg on Wednesday.

### THE MAIL ROOM NEEDS HELP

Some of us Seniors assist the City by preparing their outgoing mail. Only takes a few minutes one day a week. The side benefits are that you get acquainted with the City Staff and find out that they are really nice people. See Gerald or Ed.

THE CENTER NEEDS VOLUNTEERS – CHECK AT THE OFFICE

Al Hirth is now in charge of our recyclables  
Thanks Al

THIRD WEDNESDAY BIRTHDAY PARTY (EARLY RESERVATIONS A MUST

## BOARD MEETING

NEW BUSINESS THAT YOU WISH THE BOARD TO CONSIDER SHOULD BE SUBMITTED TO THE SECRETARY,  
RUTH SETTLES BY THE 2<sup>ND</sup> WEDNESDAY OF THE MONTH

## ELECTION RESULTS

OFFICERS ELECTED FOR THE COMING YEAR ARE

President

Gerald Moseley

Vice President

Ed Haas

Secretary

Ruth Settles (incumbent)

Treasurer

Pat Moseley (incumbent)

They will be installed at the April Board meeting.

Every one is invited to the Installation of officers. The President and Vice President elect are asking everyone for their support and help in the operation of the Senior Center. The Mable Davis Senior Center is for the Seniors of our community. **USE IT!!!**

Getting old is so hard at times.



Yesterday I got Preparation 'H' mixed up with  
Poli-Grip.

**NOW , I talk like an asshole .**

...but my gums don't itch

Asked my wife, "Where do you want to go for  
our anniversary?" It warmed my heart to see  
her face melt in sweet appreciation.

"Somewhere I haven't been in a long time!"  
she said So I suggested, "How about the  
kitchen?"

**And that's when the fight started.....**

I tried to talk my wife into buying a case of Miller  
Light for \$14.95. Instead, she bought a jar of cold  
cream for \$7.95. I told her the beer would make  
her look better at night than would the cold  
cream.

And  
that's when the fight started....

I took my wife to a restaurant. The waiter, for some reason, took my order first. "I'll  
have the strip steak, medium rare, please." He said, "Aren't you worried about the mad  
cow?" I replied, "Nah, she can order for herself."

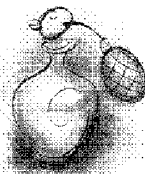
**And that's when the fight started....**

INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE  
PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants

## SPONSORS PAGE

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**Mark & Tammy Ross**  
 mark@ccis.com  
 tammy@ccis.com

**(760) 373-5707**  
 8018 California City Blvd. #1  
 California City, CA 93505

**CALIFORNIA CITY  
 COMMUNITY CLUB  
 DEDICATED TO  
 COMMUNITY SUPPORT**

**760 373 7112**

**Alverdia McMillin**  
 Member Service Manager - California City

**AltaOne**  
 FEDERAL CREDIT UNION

9601 California City Blvd.  
 P.O. Box 2668  
 California City, CA 93504  
 (760) 373-8472 or  
 (800) 433-9727

fax: (760) 373-8476  
 email: amcmillin@altaone.net  
 web site: www.AltOne.org

**COMMODITIES FOOD BANK DISTRIBUTION – April 4, 2009, –9:00AM  
NEW LIFE ASSEMBLY OF GOD, 21924 CALHOUN DRIVE**

**SALVATION ARMY  
8525 Calif. City Blvd.  
FRESH RESCUE (Surplus Food Distribution)  
Tue. & Thur. 10am—12noon (or supplies exhausted)**

**HALL AMBULANCE**  
will be at the Center on Fridays (calls permitting) to check blood pressures, etc. If your blood pressure needs monitoring, come get it checked.

**KERN COUNTY DEPARTMENT OF PUBLIC HEALTH** will be at the Senior Center on 2<sup>nd</sup> Tuesday of the month at 10:00am with the following services: Blood pressure, weight, tetanus shot, counseling.

**From Parks & Rec**  
Parks and Rec has notified us of the following activities that might be of interest to seniors:

**TLC** – Is offering both day trips and overnight trips. There is a schedule in the Senior Center office or you may call them at 661 722 3113.

**OPTIMIST CLUB**  
Optimist Club focuses on helping the youth of California City. We have been contributing refurbished computers to Hacienda School, providing books for its Library, starting a Junior Optimist club which teaches leadership skills, conducting an essay contest to further their writing skills, and other projects to support education, respect for law, patriotism, civic service and caring for other individuals.

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California City Optimist Club meets every second Monday of the month at Chuck's Pizza at 7101 California City Blvd. at 5:30 pm.

Everyone is invited to attend to see what we do and how you might help and/or become a part of an active, beneficial and fun group of people.

The California City Parks & Recreation  
**ADULT EXERCISE**  
Classes will be held every  
Mon Wed Fri  
**\$12.00 Month**

This class is perfect for Seniors and persons with limited movement or those who have not been exercising but would like to begin. Men and women welcome.  
Marianne Strader instructor  
Classes held in Community Center – for more information, call  
**373-3530**

**REMEMBER** Bingo every Friday

Line Dancing Tuesday – 9:00am – 10am at the Community Center. Call Coral 373-2450 or Rita at 373-3530

For more information on any of the above activities please call 760-373-3530.

**BOWLING**

**THE BOWLING GAMES ARE ON Tuesday at 10:am. Come join the fun**

**CHECK THE BULLETIN BOARD AT THE SENIOR CENTER  
CHECK THE POSTINGS IN THE LOBBY**

**FOR UPCOMING EVENTS, CLASSES, ETC THAT MIGHT BE SCHEDULED**

**THERE ARE ALSO MANY FLYERS, BULLETINS AND BROCHURES IN THE LOBBY CONTAINING INFORMATION THAT IS OF INTEREST TO THE SENIORS OF OUR COMMUNITY**

**SENIOR CITIZENS ASSOCIATION NEWSLETTER**

is available on line. If you would prefer to have it sent to you by E Mail, just get your E Mail address to Gerald. This would save the Center some postage.

**PLEASE, IF YOU EMPTY A COFFEE POT AND DO NOT MAKE MORE COFFEE, TURN THE COFFEE POT OFF.**

If you make a fresh pot, be sure to use only one (1) filter paper and do not use more water than is indicated on the container. Improper procedure makes one hell uv a mess.

**Mahjongg**

**Has started meeting at the Senior Center. They meet Wednesday at 1:00pm – anyone interested is invited to join this group**

The Board of Directors has decided to make the Center available for some events on a rental basis. \$100 rent per event plus

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a refundable \$75 cleaning deposit. This will be as approved by the executive committee.

Ed Haas, incoming Vice Pres. will be program coordinator who is responsible for all programs and events. Bring your ideas to Ed and see if we can get more activity at the Center.

**THE SENIOR CENTER**

needs your help. Every thing that is done around this place (with exception of food preparation) is done by volunteers. Step up and help out just a little bit. An example, the dishwashing takes only a few minutes. (Just rinse them off and stick them in the machine, take them out and stack them) and can be performed by a woman as well as by a man. “Just go ahead and help out.” It is your Center, be INVOLVED.

The Bingo Game needs callers. Many other chores need doing, office, tables, etc.

The Mable Davis Senior Center is for the use and enjoyment of the Seniors of the Community. **USE IT!!!!**

**PLEASE – PLEASE**

Be CONSIDERATE enough to make your reservations properly for lunch (or to **cancel** if you can not attend.) It is hard to prepare meals properly if you don't know how many will attend.

Do you know one of our Seniors who is sick, or has passed on? Kitty VonRossbach (Sunshine Committee) would like to know so that she can send out the Get Well and Condolence Cards. We are all concerned about the health and well being of our fellow seniors. Call Kitty  
at

**373-7419**

whatever time you can spare.

**DO YOU WANT TO PLAY CARDS, DONINOS OR WHATEVER IN THE EVENING? IF YOU ARE INTERESTED, TALK TO ED AND SEE WHAT YOU CAN ARRANGE.**

## **BOYS & GIRLS CLUB OF ANTELOPE VALLEY**

meets 12-6:00pm weekdays at R P U Elementary School. Kindergarten thru Middle School. There is a need for adults to help. Teach these kids to read, do Arts & Crafts, play card games. Come share your gifts and talents. Just an adult presence is needed. Call Andrew at 661 361 0844 for particulars and/or to sign up. One hour a week, 2 hours or

Mary Edmiston (who is in the office on Mondays) and Irene (kitchen) have volunteered to do the dining room decorations. They will probably be doing this on the 1<sup>st</sup> Monday of the month. I am sure that any volunteers that wish to help will be more than welcome. Many thanks to these ladies.

There are several committee positions that are open. Volunteers would be very welcome. And, we will be coming around asking you to participate. We will need the help of all the members to make the center a going benefit to and for the seniors of this community.. Bring your ideas to Gerald and/or Ed and let us talk about it and see if we accomplish it.

**PLEASE**

**GET INVOLVED**

**IT IS YOUR CENTER**

**INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants**

## INFO PAGE

### YANA

- THIS IS A PROGRAM BY OUR POLICE DEPARTMENT THAT IS TO ASSIST PERSONS LIVING ALONE WHO MIGHT NEED ASSISTANCE. THE POLICE DEPARTMENT DISPATCHER WILL CALL YOU AT THE INTERVAL AND TIME THAT YOU DESIGNATE TO CHECK ON YOUR WELL BEING. IF YOU DO NOT ANSWER THE PHONE, THEY WILL INVESTIGATE WHY. THE FORMS ARE IN THE SENIOR CENTER OFFICE AND AT THE POLICE DEPARTMENT FRONT DESK. IF YOU LIVE ALONE, THIS IS A GOOD PROGRAM TO ASSURE YOUR WELL BEING.

#### SeniorY.A.N.A. Box Program

“You Are Not Alone –Box” program is designed with the active senior in mind. Many seniors live alone and may have medical issues that could become an emergency, preventing them from calling or being mobile enough to unlock their residential door for emergency personnel to enter and administer aid.

The YANA –Box is simply a secured locked box that has your door key inside. The box is secured to your door and only police and fire personnel will have the combination to get your key. If fire or police personnel need to gain access to your residence to check on your well being or provide emergency medical assistance to you, it is much easier to unlock the door than to damage a door or window in order to give assistance. Several local businesses have donated funding for the purchase of the lock boxes so the seniors are burden with the cost of the lock box.

The California City Police Department is committed to safeguard the lives and property of the residents of California City, we as a caring community work together for independence and security in our everyday life styles.

Contact the Police Department if you wish to participate in this program.

Our Police/Fire Departments arranged donations from individuals and the Business Community to cover the cost of these boxes.

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#### Emergency Response System

Response Link is a company that provides the same services as Life Alert and Life line. It is an Emergency Response System that the customer activates when he/she finds themselves in an emergency. After the system is activated, an operator will respond in less than 1 minute (usually around 20 – 30- seconds). Then either an emergency contact is called for the customer or emergency services. There are other programs that Response Link offers at a higher month fee, such as medication reminders and daily check up calls.

\$30 monthly fee

No installation fee (No coupon required)

No deposit

No Credit Checks

Be sure and mention that you were referred by Kern County Aging & Adult Services

1 800 894 1428

#### INFORMATION AND REFERRAL SERVICES

Judy Rowley is pleased to announce that she is now a volunteer with County of Kern, Aging and Adult Services Department INFORMATION AND REFERRAL SERVICES. She can be reached at

Office/Fax (760) 762 5707

[www.kern.co.us/aas/](http://www.kern.co.us/aas/)

2717 Twenty Mule Team Rd

Boron, CA 93516

**MEDICAL BASELINE PROGRAM** may get you a discount on your gas and/or electric bill. Talk to Judy Rowley. **INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants**

### Government Benefits

Internet users go to [www.GovBenefits.gov](http://www.GovBenefits.gov) – the official benefits Web site of the U.S. Government, provides citizens the fastest and most accurate information on more than 1,000 Federal and State administered programs they may be eligible to receive. To date, GovBenefits.gov has guided more the 5.89 million people to the help they need for things such as housing, education, food/nutrition, healthcare, disaster relief and more.

### COUNTY OF KERN VETERANS SERVICE DEPARTMENT

Serving Veterans, their Dependents and Survivors

The Board of Supervisors of Kern County established the Veterans Service Department in 1944 to assist veterans, their dependents and survivors in obtaining benefits and entitlements available through federal, state and local agencies administrating programs for veterans.

Every veteran, dependent or survivor is encouraged to visit and office to have a VA benefit update by Veterans Service Representative. Call 1 661 888 7300 for more info.-

### COMMODITIES (FOOD BANK)

Community Action Partnership

Distribution is at the New Life Assembly of God Church, 21924 CALHOUN DRIVE, on the first Saturday of the month at 9:00

### SALVATION ARMY

8525 California City Blvd.

FRESH RESCUE (Surplus Food Distribution)

Tue. & Thur. 10am—12noon (or supplies exhausted)

The EAST KERN BOARD OF REALTORS has established a program to help financially strapped seniors bring their home up to code. If interested, contact Bob Smith at 373-4317

**AREA CODE OVERLAY FOR 760 AREA CODE** The California Public Utilities Commission has ordered an overlay of the 442 area code to the same geographic region as the 760 area code. Beginning on October 24, 2009, all customers in the 760 area code will need to dial "1" + area code + telephone number for all calls. This includes local calls, even between houses or businesses across the street from each other.

Beginning Saturday, May 2, 2009, permissive dialing will begin. During the permissive dialing phase users may dial local numbers using either 7-digits or "1" + area code + telephone number. Again, mandatory dialing begins October 24, 2009.

During implementation of the area code overlay, businesses with telephone numbers in the 760 area code should do the following:

Notify alarm service providers of all appropriate area code + telephone number(s) so service records and equipment can be updated.

Ensure security door and gate systems are reprogrammed to dial "1" + area code + telephone number if needed.

Reprogram any call-forwarding, automatic-dial or speed-dial features on faxes or cell phones to dial "1" + area code + telephone number.

Update items like stationary, checks, business cards, advertisements, promotional items, brochures, internet web pages, catalogs, etc. to include your area code + telephone number.

Teach employees, coworkers, customers, etc. to dial the area code + telephone number for all calls and when giving out your telephone number, give your area code + telephone number, not just the telephone number.

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# SED Senior Nutrition Program

April 2009

Reservations/Cancellations – Rosamond – (661) 256-0557  
California City – (760) 373-4585

Menus are subject to change without prior notice

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|                                |   | <b>1</b><br>Unstuffed Pepper<br>Italian Blend Veggies**<br><u>Apple Coleslaw</u><br>Wheat Bread<br>Milk                       | <b>2</b><br>Salisbury Steak<br>Carrots**<br>Garden Salad<br>Biscuit<br>Fruit Yogurt<br><u>Juice</u><br>Milk                         | <b>3</b><br>Oriental Chicken<br>Salad<br>Apricot**<br><u>Tomato Wedges</u><br>Bran Muffin<br>Milk  |
| <b>6</b><br>Chicken Fajitas**<br>Spanish Rice<br>Refried Beans<br><u>Juice</u><br>Milk                         | <b>7</b><br>Beef Chili<br>Winter Blend**<br><u>Applesauce</u><br>Pudding<br>Corn Bread<br>Milk                        | <b>8</b><br>Egg Scramble<br>Sausage Link<br><u>Tomato Wedges</u><br>Banana<br>Biscuit<br>Milk                                 | <b>9</b><br>Chicken Dumpling<br>Soup<br>White Rice<br>Zucchini<br><u>Coleslaw</u><br>Apricots**<br>Wheat Roll<br>Milk               | <b>10</b><br>Tuna Sandwich<br>Carrot Raisin Salad<br>Mandarin Oranges<br>String Cheese<br>Wheat Bread<br>Cookie<br>Milk<br> |
| <b>13</b><br>Beef Macaroni<br>Peas & Carrots**<br>Green Salad<br><u>Juice</u><br>Wheat Bread<br>Milk           | <b>14</b><br>Salisbury Steak<br>California Blend**<br>Potatoes<br><u>Pear</u><br>Wheat Roll<br>Banana Parfait<br>Milk | <b>15</b><br>Sweet & Soup<br>Chicken<br>Oriental Vegetables**<br>Garden Salad<br><u>Juice</u><br>Apple<br>Wheat Bread<br>Milk | <b>16</b><br>Taco Salad<br>Refried Beans<br>Fruit cocktail<br><u>Juice</u><br>Milk  | <b>17</b><br>Hot Ham & Cheese<br>Sandwich<br>Vegetable Soup<br>Green Beans<br><u>Juice</u><br>Peaches<br>Milk  |
| <b>20</b><br>Pineapple Lemon<br>Chicken<br>Broccoli**<br>Rice Pilaf<br><u>Applesauce</u><br>Wheat Roll<br>Milk | <b>21</b><br>Meat Spaghetti<br>Mixed Vegetables**<br>Garlic Bread<br><u>Mandarin Oranges</u><br>Milk                  | <b>22</b><br>Beef & Vegetable<br>Stew<br><u>Coleslaw</u><br>Biscuit<br>Blushing Pears<br>Milk                                 | <b>23</b><br>Herb Baked<br>Chicken<br>Green Beans<br>Spinach Salad**<br>Fruit/Cottage Cheese<br><u>Juice</u><br>Wheat Bread<br>Milk | <b>24</b><br>Meatloaf<br><u>Mashed Potatoes</u><br>Peas & Carrots**<br>Wheat Roll<br>Fruit Yogurt<br>Milk  |
| <b>27</b><br>Turkey Ham<br>Sweet Potatoes**<br><u>Tomato Salad</u><br>Wheat Roll<br>Orange<br>Milk             | <b>28</b><br>Chicken Pot Pie<br>Broccoli**<br>Wheat Bread<br>Ambrosia Salad<br><u>Juice</u><br>Milk                   | <b>29</b><br>Beef Enchiladas<br>Green Salad<br>Pinto Beans<br><u>Tropical Fruit</u><br>Milk                                   | <b>30</b><br>Polish Sausage<br>w/Peppers<br>Green Beans<br><u>Strawberries</u><br>Rye Bread<br>Milk                                 | <b>1</b><br>Chicken Creole**<br>White Rice<br>Wheat Roll'<br><u>Pineapple Coleslaw</u><br>Milk   |

Note: \*\* items are a rich source of Vitamin A

Underlined items meet 1/3 of the RDA for Vitamin C

Senior Suggested Donation \$2.00/Non Seniors - \$5.00

Seniors will not be denied service due to inability to make a donation