

In memoriam – Marv Sass
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

OCTOBER 2009

NUMBER 10

ACTIVITIES AND CLASSES

Lunch served 12 noon Monday thru Friday (except holidays)

Bingo - Friday at 1:00PM

BIRTHDAY PARTY - 3rd Wednesday of the month

BOARD MEETING - 4th Wednesday of the month – 12:45PM

Cards - Most any day

Cribbage - Wednesday morning 10:00AM until lunch

HOT LUNCHES...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 Brenda at 373-3530 for time.

Scrabble and Cribbage - CONTACT Sara Hamel at 373 4783

Tap Dancing – Thursday 9:00am – 10:am

Trips and Excursions - Call for dates and times

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

Mahjongg – Wednesday after lunch

Hand & Foot Canasta – Tuesday at 12:30pm

OFFICERS

President – Gerald Moseley

Vice President – Ed Haas

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.

OCTOBER 2009 CALENDAR

			(1) Thursday Tap Dancing 9:10am Community Center	(2) Friday BINGO 1:00pm Adult Exercise Class – 8:30 – 9:30am Hall Ambulance Blood pressure – 10:30:am-12 noon
(5)Monday Adult Exercise Class - 8:30 – 9:30am	(6) Tuesday Line Dancing – Community Center – Call Coral 373 2450 or Brenda at 373-3530 10 am –Bowling 10 am Hand & Foot (canasta) 12:30pm	(7) Wednesday Cribbage - 10:00am Adult Exercise Class - 8:30 – 9:30am Mahjongg – after lunch Knitting & Crochet After lunch 9:45 – 10:	(8) Thursday Tap Dancing 9:10am Community Center	(9) Friday BINGO 1:00pm Adult Exercise Class – 8:30 – 9:30am
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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.

A GREAT BIG THANKS TO BOB RUSSELL FOR HIS GENEROUS DONATION TO THE PIZZA DINNER

Sara Hamel does the "Birthday Cards".
Thanks.

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 October are Patricia Baker, Teresita Sprague, Ramona Kovach, Gloria Willis, Leny Aries, Lorryayne Balsitis, Virginia Mae Johnson, Howard Franke, Van Jewell, Joseph Johnson, Pat Kovach, James Johnson, Thomas Fowler, Susan Gursky, Alma Lum, Jimmy Sims, Sandra Faye Sabella, Judy Torres, Ange Kovach, Ursula Ladan, Louise Beck, Helen Reese, Buddy Garcia, Ken Pleis, Virginia Diaz, Barbara Brown, Marge Kumm, O'Neal Gibbs and Laura Jones.

The Honorees at the September party were Millie Ampah, Letitia Barreuther, Veryl Butterfield, Stephen Harnos, Hoover Lavendar, Patricia Moseley, Patricia Smith and Janet Whitmore.

September party was hosted by Dee Sutherland and Pat Gorden.

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

The October Party Hostess will be Margaret Ward and Zelda Skretvedt. Wear your Halloween Costume.

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 2ND WEDNESDAY OF THE MONTH

**CANASTA (HAND & FOOT)
TUESDAYS AT 12:30PM**

**COMMODITIES FOOD BANK DISTRIBUTION – September 5, 2009, –9:00AM
NEW LIFE ASSEMBLY OF GOD, 21924 CALHOUN DRIVE**

**SALVATION ARMY
8525 Calif. City Blvd.
FRESH RESCUE (Surplus Food Distribution)
Mon.. & Thur. at 10am
We accept donations**

If you are over 60 years old and have a limited income, check our "Brown Bag" program.

HALL AMBULANCE

will be at the Center on Friday, October 2 and October 16 and October 30 at 10:30am (calls permitting) to check blood pressures, etc. If your blood pressure needs monitoring, come get it checked.

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.

Laydeeditours is also offering tours now. There is a schedule on the bulletin board at the center or you may contact them at dianne@laydeeditours.com or call 661-718-2888 or 661-349-0953

The California City Parks & Recreation

ADULT EXERCISE

Classes will be held every

Mon Wed Fri

\$15.00 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

BEGINNING ADULT Tap Class

9-10am at the Community Center

Sign up sheet at the Senior Center or call the Rec Dept at 373-3530 or
Dee Sutherland at 1-940 736 7777

FLU SHOTS

Standard, garden variety,

1 shot Oct 15, 9:00am – 11:00am.

Cost is \$2.00

Due to the confusion about the Swine Flue, check its schedule, availability, etc.

SWINE FLU

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

Requires two (2) shots in series.
1st shot Nov 19, 9:00am to 11:00am
and 2nd Dec 17, 9:00am to 11:00am.

You have to have both, in series. Can't miss either one.
Cost has not been finalized

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.

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.

REMEMBER Bingo every Friday

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

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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 COFFE 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 after lunch – anyone interested is invited to join this group

If you like to knit, crochet, etc, there are some ladies there on Wednesdays doing crafts.

The Board of Directors has decided to make the Center available for some events on a rental basis. \$100 rent per event plus a refundable \$75 cleaning deposit. This will be as approved by the executive committee.

Ed Haas, Vice Pres. is 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 WANT TO PLAY CARDS, DONINOS OR WHATEVER IN THE EVENING? IF YOU ARE INTERESTED, TALK TO ED AND SEE WHAT YOU CAN ARRANGE.

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

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 whatever time you can spare.

Mary Edmiston (who is in the office on Mondays) has volunteered to do the dining room decorations. She will probably be doing this on the 1st Monday of the month. I am sure that any volunteers that wish to help will be more than welcome. Many thanks to these ladies. September 28, (Monday) Mary will be decorating for October. Come join the fun. 10:00 or maybe 10:30 in the morning. Theme "Halloween".

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

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Gerald and/or Ed and let us talk about it and see if we accomplish it.

WEDNESDAYS – KNITTING AND CROCHET AFTER LUNCH

BOWLING

WINTER BOWLING LEAGUE is ready to start again. Please fill out the survey and give it to Gerald Zingler or turn it in at the Center.

SKIP-BO

GERALD ZINGLER would like to set up a Skip-Bo tournament. It would take place after lunch, starting at 1:00pm and go to ????. The day will have to be decided. There is a sign up sheet at the center.

OCTOBER EVENTS

October is going to be a very busy and exciting month for us Seniors in Cal City. There are several events that you will not want to miss.

October 11 -- 9:00am – 2:00pm

CALIFORNIA CITY FIRE DEPARTMENT (at the Fire Station)

Open House celebrating our 50th Anniversary

Fire Station tours, live demonstrations, equipment displays, pancake breakfast, Hamburger/Hot Dogs, refreshments and much more. Come join us.

October 17 -- 11:00am – 6:00pm & October 18 – 11:00am – 5:00pm

RENAISSANCE FESTIVAL (at Central Park)

This is a fun filled event that features art shows, medieval costumes, vendors in the park with booths of exotic medieval goodies, food vendors, beer garden, music, Live Steel Combat, you name it. It is a fun day for all. It is something you can bring the grandkids to. October weather is usually wonderful. Come enjoy the weather, the costumes (wear your own), the acts in the park and all the goodies that our doctors say no no to. Due to the necessity to control some undesirable elements of our society, it is now necessary to charge a small entrance fee (\$3.00) to the park for these events. A canned food item donation (that will be donated to a local food bank) will get you a dollar off.

For more info, call the Parks & Rec – 373-3530 or the Senior Center 373-1006.

October 21 – 12:00 noon

Senior October Birthday Party (at the Mable Davis Senior Center)

DISASTER PLANNING for the Elderly – 12:15pm

This is a project of the California Fire Foundation. The presentation will be made by one of our local fire fighters. This is something that is of vital importance to all of us elderly citizens. We no longer cope and rebound as we did a couple of decades ago.

All Seniors are invited to attend. Make your lunch reservation the day before and come help us Celebrate the Birthdays of our Seniors who had Birthdays in October. Wear your Halloween Costume, listen to the presentation and then join us in our October Birthday Celebration.

Remember, all Seniors are always welcome at the Mable Davis Senior Center.

**Saturday, October 24
CANCER AWARENESS WALK**

This is an annual event that benefits ONLY East Kern Citizens. All the proceeds are used to help local cancer victims with some of their expenses. The walk starts in Central Park. Registration is 7:30am – 8:00am. Teams and individuals – entry fee is \$5.00 per walker. There is a short, easy course for us elderly and disabled. Prizes for first three finishers, largest team and loudest team at the finish line. For more info and/or entry blanks contact Mary Ann – 760 877 8064 – The Health Care District – 373 8681 or the Mable Davis Senior Center – 373 1006

**Saturday October 24 – 9:00am – 3:00pm – in Central Park at the Strata Center
Health Fair (after the Cancer Walk)
Health Booths and Information Services
Refreshments
Hot Dogs, Drinks, Chips
All proceeds to benefit the East Kern Healthcare District Cancer assistance Fund**

TENTATIVE FUTURE EVENT SCHEDULE

Nov. 8 – Pot Luck –Theme “Happy Fall Ya’all”

Dec 6. – Decorate Christmas Tree – Pot Luck

Jan 10 ?? – Pot Luck

Feb. 14 – Valentine dance with Band. (if we receive enough donations)

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest..After a moment or two, the vet shook his head sadly and said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. The duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room.

He returned a few minutes later with a black Labrador Retriever.

As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom.

He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room.

A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill.

"\$250?" she cried, "\$250 just to tell me my duck is dead?"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat scan, it's now \$250."

SPONSORS PAGE



SANDRA STEWART
Operations Officer

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Family Consultant

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661.821.1726 fax
e-mail: cbarrett@valleycrc.org
25101 Bear Valley Road PMB #60
Tehachapi, CA 93561

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Elenita Perez
Executive Director

Antelope Valley Retirement Manor

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Lancaster, CA 93534
Phone: (661) 949-5584
Fax: (661) 949-5807
www.avretirementmanor.com
elenper8@yahoo.com



License Number 191200705

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.

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/

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.

Government Benefits

Internet users go to 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 administering programs for veterans.

Every veteran, dependent or survivor is encouraged to visit an 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)

Mon. & 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

Ed and Dorothy met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city only a few miles apart Ed was ecstatic. He immediately started asking her out when they got home. Within a couple of weeks, Ed had taken Dorothy to dance clubs, restaurants, concerts, movies, and museums. Ed became convinced that Dorothy was indeed his soul mate and true love. Every date seemed better than the last.

On the one-month anniversary of their first dinner on the cruise ship, Ed took Dorothy to a fine restaurant. While having cocktails and waiting for their salad, Ed said, "I guess you can tell I'm very much in love with you. I'd like a little serious talk before our relationship continues to the next stage. So, before I get a box out of my jacket and ask you a life changing question, it's only fair to warn you, I'm a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that's going to be a problem, for us, you'd better say so now!"

Dorothy took a deep breath and responded, "Ed, that certainly won't be a problem. I love you as you are and I love golf too; but, since we're being totally honest with each other, you need to know that about the last five years I've been a hooker."

"Oh wow! I see," Ed replied. He looked down at the table, and was quiet for a moment, deep in serious thought then he added, "You know, it's probably because you're not keeping your wrists straight when you hit the ball."

An old man, a boy & a donkey were going to town.

The boy rode on the donkey & the old man walked.

As they went along they passed some people who remarked it was a shame the old man was walking and the boy was riding.

The man and boy thought maybe the critics were right, so they changed positions.

Then, later, they passed some people who remarked, 'What a shame, he makes that little boy walk.' So they then decided they'd both walk!

Soon they passed some more people who thought they were stupid to walk when they had a decent donkey to ride. So, they both rode the donkey.

Now they passed some people who shamed them by saying how awful to put such a load on a poor donkey. The boy and man figured they were probably right, so they decide to carry the donkey.

As they crossed the bridge, they lost their grip on the animal and he fell into the river and drowned.

The moral of the story?

If you try to please everyone, you might as well...Kiss your ass goodbye!

SED Senior Nutrition Program

OCTOBER 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
			1 Chicken Fried Steak Garden Salad** Mashed Potatoes Strawberry Applesauce Biscuit Milk	2 BINGO Beef Stew Zucchini Green Salad Mandarin Oranges Wheat Bread Milk
5 Chicken Tenders Green Beans Wheat Roll <u>Cantaloupe**</u> Milk	6 Egg Salad Sandwich Carrot Sticks** Soup Apple Wheat Bread <u>Juice</u> Milk	7 Shepherd's Pie** Green Salad Tropical Fruit Wheat Roll Milk	8 Sweet n Sour Meatballs White Rice <u>Broccoli**</u> Wheat Bread Ambrosia Salad Milk	9 BINGO Chicken Alfredo Lasagna String Beans Green Salad Garlic Bread <u>Mandarin Oranges</u> Milk
12 Mac n Cheese w/Turkey Ham Cal Blend Veggies** Biscuit Pears <u>Juice</u> Milk	13 Chicken Creole** White Rice <u>Pineapple coleslaw</u> Wheat Roll Milk	14 Polish Sausage Mix Green Beans Rye Bread <u>Cinnamon</u> <u>Applesauce</u> Milk	15 Taco Salad Fruit Cocktail <u>Juice</u> Milk	16V BINGO Vegetable Lasagna Spinach** <u>Tomato/Onion Salad</u> Garlic Bread Banana Milk
19 Meat Spaghetti Italian Green Beans Green Salad Garlic Bread <u>Tropical Fruit</u> Milk	20 Ham & Lima Beans Rice Pilaf Wheat Roll Apricots** Juice Milk	21 CC BIRTHDAY Beef Stroganoff Peas Spinach Salad** Wheat Bread <u>Fruit Gelatin</u> Milk	22 Chicken Cacciatore Broccoli** White Rice Wheat Roll Pudding <u>Juice</u> Milk	23 BINGO Roast Turkey Sweet Potatoes** Stuffing <u>Strawberry Applesauce</u> Milk
26 Chicken Fajitas Chuckwagon Corn Spanish Rice Apple <u>Juice</u> Milk	27 Egg Scramble Sausage Link Baked Tomato Biscuit Apricots** Milk	28 Salisbury Steak Cal Blend Veggies** Au Gratin Potatoes Orange Wheat Roll Milk	29 Crab Cakes Vegetable Pilaf Green Salad Wheat Roll Banana Juice Milk	30 BINGO HALLOWEEN Kitchen Witch Chili Goblin Beet Salad Harvest Cornbread <u>Eyeball Juice</u> Dirt Cup 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

