Laguna Niguel Senior Citizens Club, Inc.

June/July 2016

Vol.33, No.6

Support Our Advertisers

BIRTHDAY "BASH"

FRIDAY, June 17

RESERVATIONS A MUST!

The Jennifer Hart Trio pg. 6

Tech Tutors pg. 8

June/July Events

Every Wed ***Bingo.....*** 12:20-3:00 Every Wed ***Party Bridge.*** . 12:30
1st,2nd,4th Fri ***Party Bridge.*** 12:30
Every Thurs ***Scrabble...*** 1:00-3:00
1st Fri ***Book Club Group...*** 1:00-2:30 Mon. June 13th ***Board Meeting***
3rd Fri ***Lunch.....*** 11:30-1:30

Party Bridge

Wednesdays 12:30-3:30pm
1st, 2nd, & 4th Fridays
12:30-3:30pm

Thursdays
1:00 - 3:00
Sun Room

Book Group

1st Fridays 1:00-2:30

2016 DATES TO REMEMBER:

Board Meetings	3rd Friday Lunches
June 13	June 17**
Sept. 12	Sept. 16**
July DARK	July DARK
Oct. 17	Oct. 21
Aug DARK	Aug. DARK
Nov. 21	Nov. 18
Dec. 12	Dec. 8

Care and Concern...

We like to know our members are doing. When a member becomes ill, we want them to receive a get-well card or token of encouragement.

Please call the Club Office at ***362-2937*** and leave a message for **Geri Grignano** Care and Concern.

Thanks!

BIRTHDAY "BASH"

FRIDAY, June 17

RESERVATIONS A MUST!

Sr. Club Members who have birthdays in Apr, May, & June please telephone the sr. office

362-2937

and tell us YOU will be there: FREE lunch for Sr. Club Birthday people, & Birthday Cake too....
ALL ARE WELCOME:
Age Well : $4.50

JENNIFER HART (of Heart & Soul) & MUSICIANS
(LIVE MUSIC)

Attention:

Members who had/have Birthdays in April, May and June to be sure to make "reservations" by calling the Sr. Desk (10 a.m. - 2 p.m.) or leaving a message with their name and phone number that they want to reserve to attend the lunch.

Officers

PRESIDENT .....Yvonne Davis
VICE-PRESIDENT .....Marc Winer
TREASURER.....Willie Goodman
SECRETARY .....Muriel Calfe

Board Members

ENTERTAINMENT .....OPEN
HISTORIAN .....Betty Pequet
PUBLIC RELATIONS .....OPEN
OFFICE MANAGER .....Ilona Thompson
BIRTHDAY EVENTS..... Nancy Hull
TRAVEL PROGRAMS .....Vickie Hsiung
ADVERTISING/ACTIVITIES.....Marc Winer
.....Steve Morris, Advertising Asst.
MEMBERSHIP/ASST. TO TREASURER ....Steve Morris
HOSPITALITY..... Sandy Simonson
COMMITTEE CHAIR, CARE/CONCERN Geri Grigmano
ASSISTANT TO BOARD.....Paula Ahern **BINGO** .....Sr. Club Board **PARTY BRIDGE** .....Marina Lopez **NEWSLETTER PRODUCTION**..... Releventure
PHOTOGRAPHERS.....Robin Trexler, Ilona Thompson

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Mark your calendar for Sept 23 special event!

President's Corner...

Can you believe it is June already! Remember the "Board and Club is DARK" in July and August (no Board meetings or 3rd Friday Lunches); however, the Sr Club Office is OPEN as usual (for complete information about trips, membership, ads/articles for newsletter, etc). Other Club activities including Bingo, Party Bridge, Scrabble, the Book Group, etc. will continue.

Ryan McCormick (a junior at Aliso Viejo High School), a very "gifted" pianist, performed for us on May 20. The Club donated to his College Fund and lunch attendees also contributed. There were almost 100 people at our lunch.

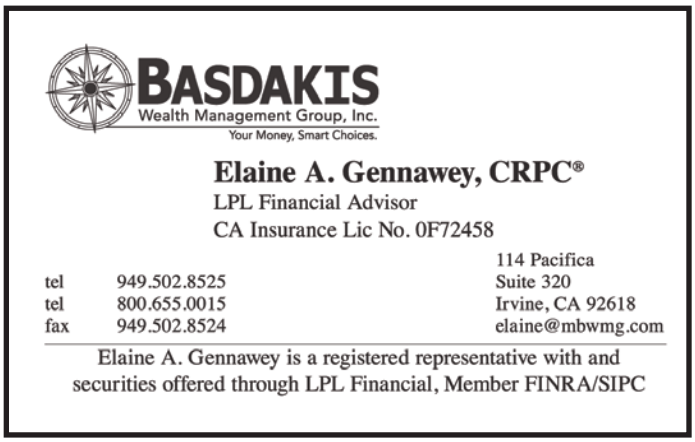
Looking forward to June 17, our 2nd Quarterly Birthday Bash. Jennifer Hart singer, pianist-- with other musicians – will be our entertainment. Please be sure to call in your reservation IF you have a birthday in April, May or June. Call the Sr. Office; give your name, phone no., birthday month. Club Members with the appropriate birthdays will get a free lunch. All luncheon attendees will get birthday cake! Bring your neighbors, friends too! We welcome new members and volunteers.

Enjoy the articles and photos in this newsletter. We have several "new fun projects" in work. The Ms. Senior Laguna Niguel event will be held November 18 (after the Board election); contestants must be entered by Nov. 1. Also, mark your calendars for September 23, save the date, for a very special event!

This Newsletter is a"combined" June/July issue. August will be the month of our next issue. We will be having Board elections in November, if you are interested in serving on the Board, please phone the Sr. Office, leave your name, phone no. and interest---we will return your call.

Be sure to stop by the office and say hello to Andi, a new desk volunteer and Bingo caller.

-Yvonne



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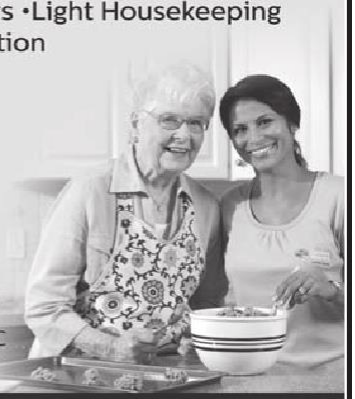

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Welcome New & Returning Members!

Andrea Farley,
Joseph Brown, Mary L. Brown,

Ms. Senior Laguna Niguel

Plans for our Ms. Senior Laguna Niguel on November 18th are getting started. We are now waiting for all our contestants to sign up.

So the requirements are as follow: Contestants are to be over 60 years of age and residents of Orange County preferably from Laguna Niguel.

There will be a formal wear, walk-on introduction followed by a brief speech by the contestant about their thoughts on what life is all about for them in this season of life. Next will be a talent presentation. It could be singing a song, performing a dance, an instrumental solo, reading your favorite poem,or displaying a painting you have done or even sharing your life story in an interesting way.

There will be no bathing suit contest. We have to draw the line somewhere. There will be 3-4 judges. There is an amazing prize for the winner and the honor of riding in the Holiday Parade in an antique car.

Now don't be shy!! Sign up now in the Sr. Club office. The deadline for signups is November 1st.

Former Mayor of Laguna Niguel Jerry McCloskey delivering Meals on Wheels for Age Well Senior Services and volunteer Toby Curry last year.

Jerry McCloskey passed away on May 24, 2016.

Mr. McCloskey was a current LN Council member, Rotarian, Lions Club, Military Support Foundation, American Legion, and active in many more services throughout the community. A loving husband, father, and grandfather who was loved by everyone. He will be missed dearly.

Volunteer Profile

My name is Andi Farley. I have been a resident of Laguna Niguel for 30 years (this August), having moved from Tustin, and before that, from East Tennessee, Houston, Mexico City and Ohio, where I was born. I live with my husband John, who will retire in June after 36 years of teaching high school math in Irvine. I retired three years ago after 30 years of teaching high school Spanish, the last 20 at Aliso Niguel High School. We both had wonderful careers.

My hobbies include taking long walks in the morning, reading and watching movies with my husband. We also plan to do a lot of traveling, both in the United States and outside of it. Our first big trip is to Hawaii, in October. We have never been, so we are really looking forward to it!

I am enjoying volunteering in the Senior Club office and calling numbers at bingo. Everyone I have met so far has been so friendly. Thanks go out to Ilona Thompson for bringing me into the fold. The Senior Center is beautiful and I look forward to meeting whoever stops by the desk or at bingo!

Editor's note: We really appreciate Andi's "calling" at Bingo and her active desk volunteer time. Be sure to say hi to her and welcome her to our club!

BOOK GROUP

The Book Group meets on the First Friday of each month from 1:00 PM to 2:30 PM. On the following dates we will be discussing the following titles:

June 3

My California
by Various Authors

July 1

The Ship of Brides
by Jojo Moyes

Aug 5

The Rosie Project
by Graeme Simsion

Sept 2

The Invention of Wings
by Sue Monk Kidd

The Jennifer Hart Trio

Jennifer Heart, sings straight from the Heart
Norm Douglas, John Lecce

These outstanding performing musicians are also educators in our Orange County school systems.

They play multiple instruments, performed nationally and internationally with various musical organizations from symphonies to contemporary pops and jazz groups.

Their list of venues include Downtown Disney, Steamers, Wind & Sea, Adele's, University of Nevada – Las Vegas, New Thought Churches, many Senior Living Facilities in Los Angeles and Orange County.

For over 7 years Jenn has been doing a monthly Birthday Celebration at Adele's in San Clemente. Attendees come from Orange, Irvine, Mission Viejo, Laguna Niguel, San Clemente, etc.

Club Secretary Needed

Board Secretary needed to take, record, and distribute our Board Minutes. Our Board meetings are "the Monday before the 3rd Friday lunches" each month at the Center from 1:00 to approximately 2:30 or 3.

Let's Support Our Advertisers!

Adapt 2 It *Home Medical Supplies* .....Page 3
Taste of Greece *Authentic Greek Dining* .....Page 3
Basdakis *Wealth Management Group, Inc.* .....Page 3
South County Printers .....Page 3
Creative Home Care *At-Home Health Care*.....Page 4
Comfort Keepers *Home Health Care* .....Page 4
The Druggist Pharmacy *Nihar Mandavia, Pharm.D*.....Page 5
Home Care Asssistance *At-Home Health Care*.....Page 5
Freedom Village *Retirement Living*.....Back Cover

Visit our Website!

http://lagunaniguelseniorcitizensclub.com

OPERATION INTERDEPENDENCE

★★★★★★★★★★★★★★★★★★

Dear seniors,
I wish to remind my loyal supporters that we will not be having our regular luncheon meeting in July and August, therefore I would appreciate it if you could contribute a little extra in order to keep the flow of care packages going to our heroes in the months of July and August. Your donated items are very essential it helps stretch the cash contributions which I receive from you.
I would like to thank my loyal supporters, with out you there would be no Operation Interdependence.

Please continue to donate items such as toothpaste(CREST),TOOTH BRUSHES,LIP BALM,LOTIONS,FOOT POWDER,POWDERED DRINKD,PACKETS OF COFFEE, PACKETS OF SPAN,CUP OF NOODLES, SMALL CANS OF TUNA, PLAYING CARDS , SEALED CANDY, AD THE MOST POPULAR ITEM IS WHITE CREW SOCKS. If you are donating CREW SOCKS PLEASE LEAVE THEM AT THE FRONT DESK FOR SAVE KEEPING.
Our heroes look forward in receiving packages from home.
Your cash donations are very essetial.

-Bernice Adams,volunteer coordinator for
OPERATION INTERDEPENDENCE

Single Day Tours

BRITISH INVASION
Saturday, June 11, 2016
Depart Laguna Hills Mall: 9:00 a.m Return: 7:00 p.m.
Member: $61 or $101 with optional tea lunch
Non-Member: $69 or $109 with optional tea lunch
(limited availability and must be purchased at the time of tour payment)
(price includes gratuities to tour director and driver).

SAN DIEGO FESTIVAL OF THE ARTS & FOOD FAIRE
Sunday, June 12, 2016
Depart Laguna Hills Mall: 9:00 a.m. Return: 7:00 p.m.
Member: $71 **Non-Member:** $79
(price includes gratuities to tour director and driver).

SAN DIEGO BY TRAIN & GONDOLA
Sunday, June 19, 2016
Required: When booking, provide full legal name as it appears on your driver's license or other government-issued identification that you will be presenting to Amtrak on the day of the tour.
Depart Laguna Hills Mall: 8:45 a.m. Return: 7:30 p.m.
Member: $101 **Non-Member:** $109
(price include gratuities to tour director and driver).

ARTISAN HOME & CHOCOLATES
Saturday, June 18, 2016
Suggested: Walking shoes (no high heeled shoes permitted); no walkers or scooters permitted in these private homes.
Depart Laguna Hills Mall: 9:00 a.m. Return: 7:30 p.m.
Member: $111 **Non-Member:** $119
(price include gratuities to tour director and driver).

Multi Day Tours

BOSTON, CAPE COD & THE ISLAND
Featuring: Nantucket, Marhta's Vineyard, Provincetown, Plymouth, JFK Library, Boston Pops Performance
June 10 - 17, 2016 (7 Day Tour)
Member: Double $1,699 / Single $2,159
Non Member: Double $1,758 / Single $2,266
Deposit $300 / Roundtrip Airfare available from $595

SUMMER BREEZES & STINKING ROSES BY RAIL
Featuring: The Gilroy Garlic Festival, *Coast Starlight* Train, Santa Cruz Beach Train, Monterey
July 27 -30, 2016 (4 Days)
Member: Double $799 / Single $1,139
Non Member: Double $838 / Single $1,195
Deposit $150

VANCOUVER, VICTORIA & SEATTLE
Featuring Vancouver, Victoria, Seattle, Butchart Gardens, San Juan Islands, Chihuly Garden & Glass
August 24-31, 2016 (8 Day Tour)
Member: Double $1,999 / Single $2,799
Non Member: Double $2,078 / Single $2,938
Deposit $300
Roundtrip group airfare available from $495

YELLOWSTONE, GLACIER & GRAND TETON
Featuring Yellowstone, Glacier & Grand Teton National Parks, Geographer-Guide
September 13-19, 2016 (7 Day Tour)
Member: Double $1,759 / Single $2,559 / Deposit $300
NonMember: Dbl $1,846 / Sngl $2,681 / Deposit $300
Roundtrip group airfare available from $695

Trip Pickup Point is:
Laguna Hills Mall Parking Lot

Next to the tall movie marquee sign.
(Out by Ave. De La Carlota Street)

Visit the Senior Office for details or call (949) 362-2937

Tech Tutors

On Friday, May 13, 2016, twenty-five teens from Aliso Niguel and Dana Hills High Schools were honored by the city of Laguna Niguel for their volunteer services during the 2015-16 school year, as Tech Tutors for senior citizens at Sea Country Senior and Community Center.

After the last Friday tutoring session, where the teens help senior citizens use iPads, iPhones, laptop computers, Android phones and other pads in One-on-One appointments, the teens were celebrated with an Appreciation Certificate from the City of Laguna Niguel signed by Mayor Laurie Davies and presented by City Council member Elaine Gennawey.

The teens, the senior citizens, parents, senior committee members, a teacher and the senior center staff then enjoyed some cupcakes and sodas while saying their thank you's and good-byes until next school year

Tech Tutors:

Aliso Viejo High
Jacob Pace
Anushka Bhaskar
Satyadeep Beta
Brendan Brudevold
Justin Cassarino
Kristen Copin
Quinn Darling
Patrick Dempsey
Abbey Duhn
Sam Ezratty
Jacob Hansen
Bella Lassiter
Caitlin LaMarche
Tula Masterman
Ryan McCormick
Gillian Nguyen
Aidin Spina
Ko Takahashi
Xiadani Vazquez
Nick Vera
Dalaney Keeler.

Dana Point High
Heather Andrini
Phoenix Hermann
Jennifer Santos
Milli Zunich

PastandFuture

This month in the past

1965

June 3 - Gemini 4: Astronaut Edward Higgins White makes the first U.S. space walk.

June 25 - A U.S. Air Force Boeing C-135 Stratolifter bound for Okinawa crashes just after takeoff at MCAS El Toro in Orange County, California, killing all 85 on board.

1975

June 20 - JAWS is released in theaters and becomes a popular summer hit, setting the standard for Hollywood blockbusters for years to come.

June 25 - Prime Minister Indira Gandhi declares a state of emergency in India, suspending civil liberties and elections.

1985

June 6 - The remains of Josef Mengele, the physician notorious for Nazi human experimentation on inmates of Auschwitz concentration camp, buried in 1979 under the name of Wolfgang Gerhard, are exhumed in Embu das Artes, Brazil.

June 14 - TWA Flight 847, carrying 153 passengers from Athens to Rome, is hijacked by a Hezbollah fringe group. One passenger, U.S. Navy Petty Officer Robert Stethem, is killed.

1995

June 2 - Mrkonjic Grad incident: A United States Air Force F-16 piloted by Captain Scott O'Grady is shot down over Bosnia and Herzegovina while patrolling the NATO no-fly zone. O'Grady is rescued by U.S. Marines six days later.

June 29 - STS-71: Space Shuttle Atlantis docks with the Russian Mir space station for the first time.

Future *(with web page links to the articles)*

Google Wants to Inject Cyborg Lenses into Our Eyeballs
http://futurism.com/google-wants-inject-computerized-lens-eyeballs/
http://goo.gl/W8EjDD

Brain-Dead People Could be ëBrought Back to Life,í Thanks to New Biotech Experiments
http://futurism.com/brain-dead-brought-back-life-thanks-new-biotech-experiments/
http://goo.gl/d18rUA

A New Surgical Robot Just Outdid Human Surgeons
http://futurism.com/new-surgical-robot-just-out-did-human-surgeons/
http://goo.gl/8fxYT4

Newly Discovered Planets May Host Infrared Based Life
http://futurism.com/newly-discovered-planets-may-host-infrared-based-life/
http://goo.gl/EecXoQ

Ingestible Origami Robot Unfolds When Ingested to Deliver Medicine or Patch Up Wounds
http://futurism.com/httpnews-mit-edu2016ingestible-origami-robot-0512/
http://goo.gl/v3QxV4

Artificially Intelligent Lawyer ìRossî Has Been Hired By Its First Official Law Firm
http://futurism.com/artificially-intelligent-lawyer-ross-hired-first-official-law-firm/
http://goo.gl/Ykiwav

Jokes

A little girl asked her mother for a dollar to give to an old lady in the park. Her mother was touched by the child's kindness, and gave her the dollar.

"There you are, my dear," said the mother. "But, tell me, isn't the lady able to work any more?"

"Oh yes," came the reply. "She sells candy."

Don't worry about what people think,....they don't do it very often.

The artist tried to concentrate on his work, but the attraction he felt for his model finally became irresistible. He threw down his palette, took her in his arms and kissed her.

She pushed him away. "Maybe your other models let you kiss them," she said, "but I don't."

"I've never tried to kiss a model before," he swore.

"Really?" she said, softening, "How many models have there been?"

"Four," he replied, "A jug, two apples, and a vase."

A husband and wife are shopping in their local Wal-Mart. The husband picks up a case of Budweiser and puts it in their cart.

'What do you think you're doing?' asks the wife.

'They're on sale, only $10 for 24 cans' he replies.

'Put them back, we can't afford them!' demands the wife, and so they continue shopping.

A few aisles further on along the woman picks up a $20 jar of face cream and puts it in the basket.

'What do you think you're doing?' asks the husband.

'It's my face cream. It makes me look beautiful,' replies the wife.

Her husband retorts: 'So does 24 cans of Budweiser and it's half the price!!'

On the PA system: 'Cleanup on aisle 25, we have a husband down!!!'

OUR MENUS, PER MEAL, AVERAGE 500-700 CALORIES, 30% FAT, AND LESS THAN 1000 MG OF SODIUM , EXCLUDING SPECIAL EVENT MEALS

MEALS WITH MORE THAN 1000 MG OF SODIUM

Age Well Senior Services

Lunch Menu

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: $4.50
COST - 60 YEARS OR YOUNGER: $6.00

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2016		**SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS** GARDEN SALAD WITH DRESSING CORN MUFFIN NUTMEG CUSTARD 1	NO LUNCH 2	**OVEN ROASTED CHICKEN THIGHS** ROSEMARY RED POTATOES SWEET & SOUR CABBAGE 1/2 SLICE CRACKED WHEAT BREAD ÉCLAIR 3
HERB ROASTED PORK LOIN & GRAVY BAKED SWEET POTATO CAPRI BLEND VEGETABLES ORANGE JUICE 1/2 SLICE 9 GRAIN BREAD FRUIT AMBROSIA 6	NO LUNCH 7	**HONEY MUSTARD CHICKEN** BAKED TOMATO HALF ROASTED RED POTATOES 1/2 SLICE WHOLE WHEAT BREAD FRUITY RASPBERRY GELATIN 8	NO LUNCH 9	**CREAMY MACARONI & CHEESE** BUTTERED CARROT COINS GREEN PEAS FRESH ORANGE SLICES 10
SWISS STEAK & GRAVY BAKED POTATO WITH SOUR CREAM CREAMED SPINACH 1/2 SLICE 9 GRAIN BREAD SLICED PEACHES WITH RASPBERRIES 13	NO LUNCH 14	**BEEF STEW WITH POTATOES, CARROT, ONION & CELERY** GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD SLICED APPLES 15	NO LUNCH 16	Fathers Day **MEATLOAF & GRAVY** BAKED POTATO/SOUR CRM CARROTS MIXED FRUIT WHEAT BREAD APPLE PIE #1 DAD 17
TERIYAKI BEEF OVER BROWN RICE ASIAN STYLE VEGETABLES 1/2 SLICE WHEAT BREAD BUTTERSCOTCH PUDDING 20	NO LUNCH 21	**SWEDISH MEATBALLS ON A BED OF EGG NOODLES** ROASTED TOMATO 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE RASPBERRY SHERBET 22	NO LUNCH 23	Birthday Party! **MANDARIN CHICKEN RICE BOWL WITH BROCCOLI & CARROTS** ORANGE JUICE CHOCOLATE CAKE 24
SPAGHETTI & MEATBALLS ITALIAN BLEND VEGGIES SPRING SALAD MIX WITH DRESSING SLICED PEACHES WITH RASPBERRIES 27	NO LUNCH 28	**CHICKEN PRIMAVERA OVER ROTINI PASTA** CREAMED SPINACH FRUITY YOGURT 29	NO LUNCH 30	

*FRUIT IS AVAILABLE FOR DIABETICS ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY 1% MILK OFFERED AT EACH MEAL

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

Age Well Senior Services

Cold Lunch Menu

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION-60 YRS OR OLDER: $4.50
COST - 60 YEARS OR YOUNGER: $6.00

AWSS RESERVES THE RIGHT TO MAKE SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 2016		TUNA SALAD PLATE HARD ROLL ORANGE JUICE APPLESAUCE 1	CHICKEN SALAD SANDWICH ON BUTTERMILK BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT 2	EGG SALAD SANDWICH ON SQUAW BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING 3
TURKEY SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE MANDARIN ORANGES & BANANA 6	HAM SALAD SANDWICH ON SQUAW BREAD THREE BEAN SALAD ORANGE JUICE FRESH FRUIT 7	SNOBALL SALAD PLATE HARD ROLL ORANGE JUICE FRESH FRUIT 8	CAESAR SALAD ROLL ORANGE JUICE FRESH FRUIT 9	HAM & CHEESE SANDWICH ON SQUAW BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT 10
TUNA SALAD PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 13	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE CANTALOUPE 14	HAM SALAD SANDWICH ON RYE BREAD TOMATOES WITH DRESSING ORANGE PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 15	CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE 16	HARVEST VEGETARIAN PLATE HARD ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT 17
HAM SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE-PINEAPPLE JUICE OATMEAL COOKIES 20	TURKEY SANDWICH ON A CROISSANT COLESLAW ORANGE JUICE YOGURT 21	TUNA SALAD PLATE SQUAW BREAD ORANGE JUICE FRESH FRUIT 22	HARVEST VEGETARIAN PLATE BUTTERMILK BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 23	MEATLOAF SANDWICH ON STONE GROUND WHEAT BREAD TOMATO WEDGES WITH DRESSING ORANGE PINEAPPLE JUICE CHOCOLATE CAKE 24
ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE 27	TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE 28	SEAFOOD SALAD PLATE 9 GRAIN BREAD PINEAPPLE JUICE MANDARIN & BANANA SALAD 29	HARVEST VEGETARIAN PLATE SQUAW BREAD ORANGE PINEAPPLE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES 30	

*ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY 1% MILK OFFERED AT EACH MEAL

LAGUNA NIGUEL
SENIOR CITIZENS CLUB, INC.
Located at:
24602 Aliso Creek Rd
Laguna Niguel, CA 92677
Club Office: 949-362-2937

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Happy Fathers Day!

Be sure to visit the Sr. Club's beautiful website:
http://lagunaniguelseniorcitizensclub.com