



Laguna Niguel
Senior Citizens Club
Helping people feels good.

FEBRUARY 2018

Vol.35, No.2

BINGO DINNER PARTY

Saturday, Feb 17th

11:30am – 5:00pm

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Health Calling

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Happy
Valentines
Day

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FEBRUARY Events

Every Wed *Bingo*.....12:20-3:00
 Every Wed *Party Bridge*.....12:30
 Fridays (not 3rd) *Party Bridge*.....12:30
 Every Thurs *Scrabble*.....1:00-3:00
 1st Fri *Book Club Group*.....1:00-2:30

Feb. 16
 3rd Friday Lunch
 with Laurie & Stan

PARTY Bridge



WEDNESDAYS 12:30-3:30pm
 1st, 2nd, & 4th FRIDAYS
 12:30-3:30pm

	G ₂							
S ₁	C ₃	R ₁	A ₁	B ₃	B ₃	L ₁	E ₁	
	O ₁							
	U ₁							
	P ₃							

Thursdays
 1:00 - 3:00
 Sun Room



BINGO!

Wednesdays
 11:30 to 3:00
 Buy-ins end 12:20!



BOOK GROUP

1st Fridays 1:00-2:30

2018 DATES TO REMEMBER:

Board Meetings	3rd Friday Lunches
Feb. 5	Feb. 16
Mar. 19	Mar. 23
Apr. 16	Apr. 20
May. 14	May. 18
Jun. 11	Jun. 15

CARE AND CONCERN

When times are tough, encouragement can go a long way. If you know of someone who could use a genuine note of care & concern, please call the Club Office at **362-2937** and leave a message for Geri Grignano.

We will send them a get well card or note of support.

THANKS!

Sea Country Center Sr. Club Office CLOSED

Feb. 12th for Pres. Day

Desk Volunteers Urgently needed

Please phone sr. office
362-2937

Yvonne or Steve will return
 your call.

BINGO

Urgently needed also

Please phone sr. office
362-2937

Yvonne or Steve will return
 your call.

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President's Corner...

Hello February...

First we must report the January 19, 3rd Friday Lunch and especially the speaker Russ (Lions Club) and the 3 Guide Dog Trainers with their "furrie" students were a huge success.

Please look at the photos and information elsewhere in this Newsletter.

The Chamber of Commerce and Soka also had a table of literature about their annual China trips.

The February Board Meeting is Monday, the 5th, because of the Center and Sr. Club office being closed for Presidents Day the 12th.

The previously announced Chinese New Years Celebration (Club's 3rd Friday event) has been canceled. Now on Feb. 16 we will have Laurie and Stan Stillman providing entertainment. A photo and summary of their performance is in this Newsletter.

Our first big event of the year: Bingo Dinner Party, will be on Sat. Feb. 17.. See the detailed information in another part of this issue. Bring your friends and neighbors; of course, Bingo players must be over 21, no minors allowed. Be sure to get your tickets early; final day of ticket sales is Friday, Feb. 9. NO tickets available at the door.

Remember please, the Club's mission is to encourage ALL seniors (over 50) to maintain social communications, stay active (mentally and physicaly), volunteering their time, talents in every way. Do not isolate yourself. Volunteering is so rewarding: helping others, making new friends and having fun too. Specifically the Club offers Wed. Bingo, Book Group, Party Bridge Wed. & Fri., Scrabble on Thurs., monthly 3rd Fri. lunches with speakers or entertainment. Any one interested in a walking group? Phone the office and let us know.

I am looking forward to seeing you at one of our events!

Let's make 2018 a memorable year for our exceptional Sr. Club...

-Yvonne



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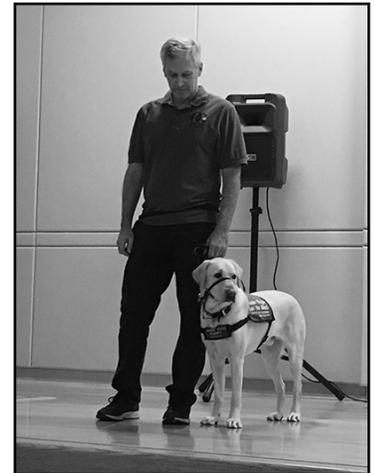
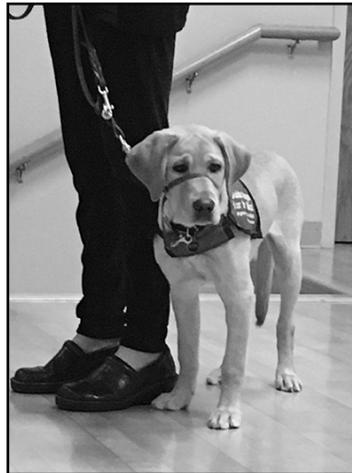
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WELCOME NEW & RETURNING MEMBERS!

James Cleghorn, Irene Meyerhardt, Marc and Alice Winer, Roxine Jerabek, Arthur Van Der Linden, Betty Levin, Celeste Arifko, Al and Christina Macias, Andi Farley, Tani Gustafson, Lorraine and Sol Friedman, Marilyn Edelson, Bonnie Schulkin, Kathryn Murphy, Dolores Adams, Hussein, Soltoni, Joann Curtain, Robert Brown, George Hannah, Ramsey McCue, Nancy Wisniewski, Shirley Olson, Deborah Kelly

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Proud members of the Laguna Niguel Chamber of Commerce

We had the " Guide Dogs for the Blind" give a presentation and demonstration at the Senior Club Luncheon , it was great ! The lunch was attended by 70 + Seniors who enjoyed a yummy lunch from Age Well Senior Services and a chocolate Ice Cream Sundae complements of the Club.

The seniors loved the Guide Dogs and were interested in how they can volunteer and be a dog sitter if possible.

Here are a few "did you know?" about Guide Dogs for the Blind:

Our services are offered free of charge to people throughout the US and Canada.

One does not have to be totally blind to receive a Guide Dog.

Please visit our website: www.guidedogs.com



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LAGUNA NIGUEL Senior Games

Saturday, March 10, 2018
 &
 Sunday, March 11, 2018

Billiards

Soccer

Pickle Ball

Swimming

Table Tennis

Bocce Ball

Opening Ceremony: Friday, March 9, 2018
 4 pm - 6 pm @ Sea Country Senior Center

Registration Begins For Ages 55+ :
 Laguna Niguel Residents January 22, 8 am - March 5, 4 pm
 Non-Residents February 5, 8 am - March 5, 4 pm

For More Information call (949)425-5151 or visit www.cityoflagunaniguel.org

Laugh:

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Watson, the Wonder Dog and was in the check-out line when a woman behind me asked if I had a dog. What did she think I had, an elephant?

So because I'm retired and have little to do, on impulse, I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms. I told her that it was essentially a Perfect Diet and that the way that it works is, to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete, (certified), so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care because the dog food poisoned me.

I told her no, I had stopped to pee on a fire hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people.



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:

Feb 2

Faithful

by Alice Hoffman

Mar 2

As The Poppies Bloomed : A Novel of Love in a Time of Fear

by Maral Boyadjian

Apr 6

Our Souls at Night

by Kent Haruf

May 4

Rules of Civility

by Amor Towles

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Visit our Website

<http://lagunaniguelseniorcitizensclub.com>

HAPPY RETIREMENT GG!

After 16 Wonderful Years,
We Will Miss YOU!

(It won't be the same without you...)



Thanks for all the giggles,
your warm helpful attitude,
and the great customer
service you've given your
Sea Country Family!

QUESTIONS?

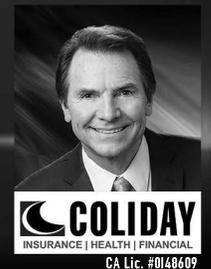
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Feb. 16th, 3rd Friday Lunch



A Husband and Wife Las Vegas Variety Show!

Featuring

The songs you love, comedy and impressions.
(Elvis, Dean Martin, Bogie, Marlon Brando,
Jimmy Durante and many more)

**Come and Enjoy this Emotionally
Engaging Show!**

HISTORY OF BINGO from Sr. Club 2005 Newsletter

Did you know that in the U.S., bingo was originally called "beano". It was a country fair game where a dealer would select numbered discs from a cigar box and players would mark their cards with beans. They yelled "beano" if they won.

The game's history can be traced back to 1530, to an Italian Lottery called "Lo Giuoco del Lotto D'Italia", which is still played every Saturday in Italy. From Italy, the game was introduced to France in the late 1770's, where it was called "Le Lotto", a game played by wealthy Frenchmen.

The Germans also played a version of the game in the 1800's, but they used it as a child's game to help students learn math, spelling and history. When the game reached North America in 1929, it became known as "beano".

It was first played at a carnival near Atlanta, Georgia. New York toy salesman, Edwin S. Lowe, renamed it "bingo" after he overheard someone excitedly yell "bingo" instead of "beano". He hired a Columbian University math professor, Carl Leffler, to help him increase the number of combinations on the bingo cards.

By 1930, Leffler had invented 6,000 different bingo cards. (It is said that Leffler went insane.)

A Catholic priest from Pennsylvania approached Lowe about using bingo as a means of raising church funds. When bingo started being played in churches, it became increasingly popular.

By 1934, an estimated 10,000 bingo games were played weekly, and today more than \$90 million dollars are spent on bingo each week in North America alone. Bingo games remain popular because of the ability to bring a variety of people together for a fun and entertaining social gathering along with the chance of winning money as an added benefit.

**BINGO PARTY TICKETS
must be purchased by Feb 9th
NO TICKETS SOLD AT DOOR**

**Laguna Niguel
Senior Citizens Club**
Helping people feels good.

Doors Close at 12:20

Jolanda Dinner after Bingo

BINGO

DINNER PARTY
Sat., Feb 17, 2018
11:30 a.m. - 5:00 pm

The Ballroom, Sea Country Center
24602 Aliso Creek Rd., Laguna Niguel

Club Members: \$20.00
Non-Members: \$25.00

Tickets: Sr Club Office
M-F 10:00 a.m. - 2:00 p.m.
949 362-2937

What You Should Know about Superbugs, and 4 Ways to Protect Yourself

An infectious disease that can spread rapidly, potentially cause death and withstand treatment--that's been the plot point for many films, books and TV shows in which mankind suffers the frightening consequences of a viral or bacterial pandemic. But what has been confined to fiction is beginning to take root in reality with the rise of "superbugs."

"Superbug is the term for an infection caused by bacteria that has mutated and become resistant to many antibiotics," says Lawrence Martinelli, MD, FACP, FIDSA, infectious disease physician and Chief Medical Informatics Officer at Covenant Health. "There are several types of these bacterial infections, such as certain strains of staph or tuberculosis, for instance. These superbugs can be very dangerous because they are difficult to treat, and there simply aren't enough new antibiotics being developed to keep up with increasing bacterial resistance."

The numbers are sobering. An estimated 2 million Americans contract antibiotic-resistant infections each year, resulting in 23,000 deaths, according to the U.S. Centers for Disease Control and Prevention. When looking at international numbers, that death rate jumps to 700,000 people per year. That's one reason why the leaders of the United Nations General Assembly agreed to work together on developing plans to stop the spread of superbugs around the world, and the U.N.'s World Health Organization called these diseases "a fundamental threat to human health, development and security."

While governments are moving to take action, there are some things you can do to help lessen your risk of contracting infections, including those caused by superbugs, says Dr. Martinelli:

1. Ask your doctor if you really need antibiotics for an illness. The CDC says 47 million antibiotic prescriptions are prescribed each year in the United States that are unnecessary, and that the overuse of antibiotics has been a key reason for the development of resistant bacteria. "Antibiotics are immensely valuable to modern medicine when used properly," Dr. Martinelli says.

"But remember, antibiotics can't cure a virus such as the common cold. Ear and sinus infections as well as bronchitis often resolve on their own. Receiving antibiotics for these conditions can lead to complications such as antibiotic associated diarrhea. In fact, taking antibiotics for a viral illness can make things worse, because the drug is eliminating the body's good bacteria." Dr. Martinelli adds that you shouldn't press your doctor for a prescription for antibiotics if he doesn't think it's needed; if your doctor wants to prescribe, ask him why he thinks it's the best course of treatment, or if there are other alternatives.

2. Take your medicine correctly. "If antibiotics are prescribed, then it's important to follow the directions exactly and complete the entire course of treatment," Dr. Martinelli says. "If you don't, all the bacteria may not be eliminated from your system and you run the risk of ongoing infection." And don't share your antibiotics with other family members if they get sick--they should see a doctor and have their symptoms checked, as it could be a different type of illness.

3. Be selective about the meat you eat. "Humans aren't the only ones to overuse antibiotics--animals are also commonly given the drugs in their feed to promote growth. This leads to the development of superbugs in our animal populations, which can cross over to us and cause infections" Dr. Martinelli says. While it's up to the government to create standards for antibiotic use with animals, you can support farms that don't use antibiotics for growth by purchasing meat and poultry that is organic or is verified as antibiotic free by the U.S. Department of Agriculture.

4. Practice good hygiene. "As with any communicable disease, one of the best forms of prevention is washing hands regularly with soap and warm water, especially after handling raw food, being in contact with a sick person, or visiting a communal space such as the gym or a classroom," Dr. Martinelli says. "It's also wise to keep personal items such as razors, towels and cosmetics to yourself and avoid sharing them with other people. These are habits that, if done on a daily basis, can help prevent infections."

If you like these articles visit the Health Calling blog at: <https://www.stjhs.org/healthcalling/>

Break the Cycle of Yo-Yo Dieting

With the New Year upon us, it's tempting to set a resolution to lose those last 3 (or 5, or 10) pounds as fast as possible. In pursuit of those weight-loss goals, it's easy to fall prey to fad diets that may achieve the quick fix; but, as soon as you're off the diet, you gain back the weight (and then some). Keep that up enough times, and you'll be stuck in the cycle of yo-yo dieting. And that's not great for your health.

"That continuous pattern of shedding and gaining pounds, which is also known as weight cycling, can take a toll on the body. For instance, recent studies have shown there may be an increased risk of heart issues or stroke for postmenopausal women and people who already have heart problems," says Jennifer Hubert, DO, a specialist in wellness and weight loss, geriatric medicine, and internal medicine at St. Joseph Health Medical Group. "Other findings indicate that yo-yo dieting may lead to a higher risk of increased body fat, which means these diets, in the long run, can have the opposite of the intended effect of losing weight. What's worse is that most yo-yo dieting is done with the trendy diets of the moment, which are poor nutritionally compared to eating a regular diet of whole foods."

Yo-yo dieting can have other effects as well, Dr. Hubert adds. "It can be frustrating to constantly battle the scale, and that can lead to stress or feelings of depression, which can present health issues of their own--stress can trigger increased cortisol production in the body, and too much of that hormone can raise blood pressure and cholesterol levels, contribute to chronic diseases and mental health issues, and even put you at risk for obesity."

But that's not to say you shouldn't try to lose excess weight. Dr. Hubert offers the following suggestions to help you achieve your weight-loss goal and break the cycle of yo-yo dieting. Seek out a doctor's guidance. "Most successful weight loss takes place when it's supervised by a doctor and there is continuity of care,"

Dr. Hubert says. "A medical team can ensure you are following a healthy nutrition plan, keep tabs on any medical issues that could be affected by your diet and help you work through any underlying issues that may be keeping you from your weight-loss goals. Doctors are also a good resource of sound nutritional advice; there are a lot of dieting myths out there."

Avoid the fads.

"Those types of diets won't give you lasting results--they're usually too hard to maintain over the long term, and once you're off them, the body tends to put back the weight you lost," Dr. Hubert says. The best option is medical weight management, she adds. "It's very individualized to each patient. We offer different types of programs, but the majority of people start with a very low-calorie diet that we are monitoring to make sure their health is good, then we slowly integrate foods back into their lives. The goal is to find the program that works for each person."

Be prepared to change your habits.

"Again, this can be tailored to each person, depending on their circumstances," Dr. Hubert says. "It can include strategies to avoid emotional eating, incorporating healthy snacks into the diet or grocery shopping plans that emphasize whole foods. It can also encompass habits that aren't food-based but have an effect on your weight, such as poor stress management. I want people to develop the foundation for a healthy lifestyle."

Also, look at the reasons why you want to lose weight.

"Trying to drop pounds to fit into a bathing suit is a short-term goal, and once you've reached it, you may lose the desire or willpower to maintain it," Dr. Hubert says. "But if you have goal in mind with a more lasting impact--such as cutting your risk of type 2 diabetes or wanting to lower your blood pressure--it can provide the motivation you need to stick with your plan."

If you like these articles visit the Health Calling blog at: <https://www.stjhs.org/healthcalling/>

Laguna Niguel "Word of the Month" Arts Competition

Participants are encouraged to develop a visual piece inspired by the "Word of the Month." One winner in each category will be recognized and presented with a certificate from the Mayor and City Council. All artwork must be family-friendly content and suitable for display in the City Hall lobby.

February's Word of the Month is "LEADERSHIP." Artists must submit an entry form and their art pieces by 4:00 p.m. before February 9, 2018.

Must be a Laguna Niguel resident. Contestants will be Grouped into Four Categories

- Primary: Grades 1 – 5
- Secondary: Grades 6 – 12
- Adult: Ages 18 – 55
- Classic: Ages 55 and up**

Judging Criteria:

The general public will judge all artwork submissions through a paper ballot process. All art pieces will be publicly displayed in the City Hall lobby for one week. Winners will be notified the day before the second City Council Meeting of each month.

Formats & Sizes:

Entries are restricted to paintings (oil, acrylic, water, etc.), sketches and drawings (pencil, charcoal, mixed media, etc.), photographs, and sculptures. Paintings, sketches, and photographs should be at minimum 5"x5" and 20"x20" maximum. Artwork that is larger than the size permitted will not be accepted. Sculptures should be less than 15" tall and 15" wide. Sculptures that are larger than the size permitted will not be accepted.

Entry Process:

Bring your artwork and completed entry form (entry form link at the bottom of the article) to the Laguna Niguel City Hall receptionist by the respective deadline. Residents can submit more than one piece of artwork. All artwork will be displayed for two weeks with a one-week judging period. Owners must pick up their artwork on the following Monday.

Bring your artwork and completed entry form (entry form link at the bottom of the article) to the Laguna Niguel City Hall receptionist by the respective deadline. Residents can submit more than one piece of artwork. All artwork will be displayed for two weeks with a one-week judging period. Owners must pick up their artwork on the following Monday.



ARE YOU THINKING OF MAKING A CHANGE?

- Downsizing
- Buying a second property.
- Moving to a single story home.
- Condo living to minimize time and money spent maintaining your property.
- Moving closer to your kids and grandkids.
- Relocating to another state to reduce living expenses.
- Moving to a 55+ community for the activities and to meet people your age.
- Selling your home and renting your next home.

We can give you guidance and answer questions you didn't know you had.
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MEALS ON WHEELS...

...can't drive themselves!

Age Well Senior Services needs volunteers to drive Meals to homebound seniors living in and around Laguna Niguel. The commitment is 1½ hours, one morning a week. If interested please call Robin at

362-2807 Thank you!

Single Day Tours

PIE, POTTERY & POMONA

With Included Buffet Lunch

Thursday, March 1, 2018

Take a step back in time on this driving tour led by a step-on guide from the Pomona Historical Society. One of the oldest cities in Southern California, Pomona is celebrating 100 years of heritage preservation.

Member: \$92

Nonmember: \$99

Depart: LHS 7:45 a.m Return: 6:00 p.m.

SANTA ANITA RACES

Clubhouse Seating & Buffet Lunch

Thursday, March 29, 2018

We're off to the "Great Race Place!" Because of its proximity to Hollywood, Santa Anita has traditionally been associated with the film and television industries. The Marx Brothers' classic, A Day at the Races, was filmed here.

Member: \$82

Nonmember: \$89

Depart: LHS 9:30 a.m Return: 7:00 p.m.

GRIFFITH PARK GADABOUT

The Autry Museum & Griffith Observatory

With Boxed Lunch Picnic

Thursday, April 12, 2018

The largest urban parks in North America and known as the "Central Park" of Los Angeles. After successful mining investments, Colonel Griffith J. Griffith purchased Rancho Los Feliz in 1882, and later donated over 3,000 acres to the city and a trust fund for improvements on this land.

Member: \$72

Nonmember: \$79

Depart: LHS 8:00 a.m Return: 7:00 p.m.

LET'S TACO 'BOUT IT

With Step-On Guide Curt

Monday, April 16, 2018

Today we are joined by professional step-on guide, Curt, a history buff with an expertise on the evolution of Los Angeles, who is especially loved for his charismatic personality and fun stories. Curt leads us in search of the best tacos in L.A.

Member: \$102

Nonmember: \$109

Depart: LHS 8:00 a.m Return: 4:00 p.m.

Pick Up Place has returned to near J.C. Penny & the 'Five Llagunas' sign.

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

PLEASE NOTE:

BECAUSE OF SPACE LIMITATIONS, COMPLETE DESCRIPTIONS NOT AVAILABLE HERE. PLEASE COME TO SR. OFFICE FOR DETAILS OR PHONE AND ASK DESK VOLUNTEER TO READ THEM TO YOU.

Thank you



Multi Day Tours

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

CENTRAL COAST WHALES, RAILS & DUNES

Featuring Morro Bay Hotel, Guadalupe Dunes,
Whale Watching, Coast Starlight Train

March 7 - 9, 2018 (3 Day Tour)

Member:

Double \$499 / Single \$599

NonMember:

Double \$513 / Single \$627
Deposit \$100

DEATH VALLEY SPLENDOR

Featuring a Ranch at Death Valley Stay,
Furnace Creek Inn lunch, Badwater, Local-Guide

March 25 - 27, 2018 (3 Day Tour)

Member:

Double \$599 / Single \$819

NonMember:

Double \$599 / Single \$819
Deposit \$100

SWEET, SAVORY & S.L.O.

Featuring the Apple Farm Inn Stay,
Coast Starlight Train, Edible Sightseeing, Solvang

April 18 - 20, 2018 (3 Day Tour)

Member:

Double \$579 / Single \$729

NonMember:

Double \$605 / Single \$765
Deposit \$100

YOSEMITE SPRING FLING

Featuring Yosemite National Park,
a Tenaya Lodge Stay,

Sugar Pine Railroad, Basque Lunch

April 22 - 24, 2018 (3 Day Tour)

Member:

Double \$589 / Single \$779

NonMember:

Double \$618 / Single \$817
Deposit \$100

On this new rail journey to the Central
Coast, we're in search of the tastiest
treats— from cookies, pastries and chocolate
to artisan cheeses, wine and Santa
Maria-style barbecue.

CALIFORNIA VINES, \ RAILS & REDWOODS

Featuring the Napa Valley Wine Train,
Sonoma Valley, Russian River Valley,
Redwoods, Coast Starlight Train

April 29 - May 4, 2018 (6 Day Tour)

Member:

Double \$1389 / Single \$1769

NonMember:

Double \$1389 / Single \$1769
Deposit \$200

Embark on a journey that covers four of
the most beautiful and bountiful regions of
California – the Central Coast, the Napa
Valley, the Sonoma Valley and the
Central Valley.

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READ THEM TO YOU.

Lunch is served from 11:30am to 1:30pm

OUR MENUS, PER MEAL
AVERAGE 500-700
CALORIES, AND LESS THAN 900
MG OF SODIUM, EXCLUDING
SPECIAL EVENT MEALS
(CONDIMENTS NOT INCLUDED)
* 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
<h1>February 2018</h1>			NO HOT LUNCH	SUPERBOWL PARTY CHILI CHEESE HOTDOG ON A BUN COLESLAW ICE CREAM CUP 
APRICOT GLAZED CHICKEN BREAST LONG GRAIN BROWN RICE CAPRI BLEND VEGETABLES 1/2 SLICE WHOLE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING 5	NO HOT LUNCH	SPINACH CANNELONI TOSSED SALAD WITH TOMATOES 1/2 SLICE WHOLE GRAIN BREAD FRESH FRUIT 7	NO HOT LUNCH	SALISBURY STEAK WITH ONION GRAVY BAKED POTATO WITH SOUR CREAM BRUSSEL SPROUTS RYE BREAD MANDARIN, STRAWBERRY AND BANANA DESSERT 9
GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES CARROTS & CAULIFLOWER SLICED PEACHES WITH RASPBERRIES 12	NO HOT LUNCH	Happy Valentine's Day CHAMPAGNE CHICKEN BREAST BROCCOLI FLORETS RICE PILAF TOSSED SALAD ÉCLAIR 14	NO HOT LUNCH	President's Day PINEAPPLE GLAZED HAM SWEET POTATOES BRUSSEL SPROUTS 1/2 SLICE RYE BREAD ORANGE JUICE CHERRY PIE 16
 President's Day 19	NO HOT LUNCH	TERIYAKI MEATBALL RICE BOWL WITH BROCCOLI & CARROTS MANDARIN & BANANA SALAD 21	NO HOT LUNCH	Birthday Party BBQ CHICKEN THIGHS CHUCKWAGON CORN TOMATO AND GREEN BEAN SALAD 1/2 SLICE STONE GROUND WHEAT BREAD BANANA CAKE  23
FISH FILET IN A CREAMY DILL SAUCE LONG GRAIN BROWN RICE BUTTERED CARROT COINS CAESAR SALAD WITH CROUTONS ORANGE JUICE FRUITY YOGURT 26	NO HOT LUNCH	BEEF STROGANOFF OVER EGG NOODLES BRUSSELS SPROUTS 1/2 SLICE WHOLE WHEAT BREAD CINNAMON APPLES 28		

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
<h1>February 2018</h1>			HAM & CHEESE SANDWICH ON RYE BREAD COLESLAW FRESH ORANGE	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE
SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 5	EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT 6	ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE 7	CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD THREE BEAN SALAD CANTALOUPE 8	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT 9
TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES 12	CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL 13	SPINACH SALAD WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE PUDDING 14	HAM SANDWICH ON CANADIAN OAT BREAD BEETS WITH DRESSING FRESH ORANGE 15	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT 16
 President's Day 19	HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 20	HARVEST VEGETARIAN PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN 21	SNOBALL SALAD 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT 22	SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CLEMANTINE VANILLA WAFERS 23
ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 26	TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE 27	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGE/DRESSING ORANGE JUICE CANTALOUPE 28		

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL



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Laguna Niguel
Senior Citizens Club

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