



Laguna Niguel
Senior Citizens Club
Helping people feels good.

APRIL 2018

Vol.35, No.4

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APRIL 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

Nancy Tilove Speaker
 Apr. 20th 3rd Friday Lunch

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
Apr. 16	Apr. 20
May. 14	May. 18
Jun. 11	Jun. 15
Jul. DARK	Jul. DARK

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!

Desk Volunteers Urgently needed

Please phone sr. office

362-2937

Yvonne or Nereyda will return your call.

BINGO Volunteer Urgently needed also

Please phone sr. office

362-2937

Yvonne or Steve will return your call.

Callers and Verifiers needed

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 VICE-PRESIDENT Steve Morris
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 ASSISTANT TO BOARD..... Paula Ahern
 BINGOSr. Club Board
 PARTY BRIDGE Marina Lopez
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President's Corner...

Spring is here...

We certainly got some much needed rain!

However, Laguna Niguel had a successful First Sr. Olympics Games weekend! Mayor Elaine Gennaway began the "Opening Ceremonies", and two-time French former Olympian swimmer Yann de Fabrique, keynote speaker, encouraged participants ... Let the Games begin. Please see photos.

The Laguna Niguel Senior Citizens Club had tables with information packets to give to participants. Many had never been to Sea Country Center previously and were not aware of our Club!!!!. Yes, we did get some new members and possible volunteers---thanks to Jeff and other Sea Country staff plus several Club members/volunteers who spent time sharing information about our club.

Mayor Elaine Gennaway was our guest speaker at the March 16, 3rd Friday luncheon. Our new City Manager Kristine Ridge (former assistant manager of Anaheim) was introduced to us. Elaine's informative presentation was enlightening and enjoyed by all. We are fortunate to have a very conservative council who is also very conscientious about the community's safety and property values. We had a nice turn out: new members, new volunteers, 5 board members plus at least 60 other attendees. Robin also introduced Steve Moyer who has taken Dr. Ditty's position, when she retired after 42 years of Age Well service.

Our April 3rd Friday luncheon, April 20, speaker will be Nancy Trilove (please see her photo and article on page 9). We encourage all Club members to attend: we miss seeing you and you might be informed about something you need to know. Remember---isolation from socialization is not a positive life style---come join us.

You will notice some new advertisers in this issue; they support us, please support them. May 18 and June 15 (our 3rd Friday lunches) we will also have great speakers, mark your calendars!

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

-Yvonne



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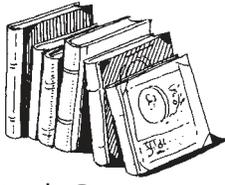


Tel: 916-717-5164

Fax: 916-315-3020

3rd Friday Lunch with the Mayor





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:

April 6

Our Souls at Night

by Kent Haruf

May 4

Rules of Civility

by Amor Towles

June 1

The Rent Collector

by Camron Steve Wright

July 6

My Grandmother Asked Me to Tell You She's Sorry

by Fredrik Backman

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<http://lagunaniguelseniorcitizensclub.com>



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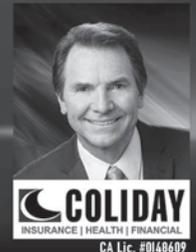
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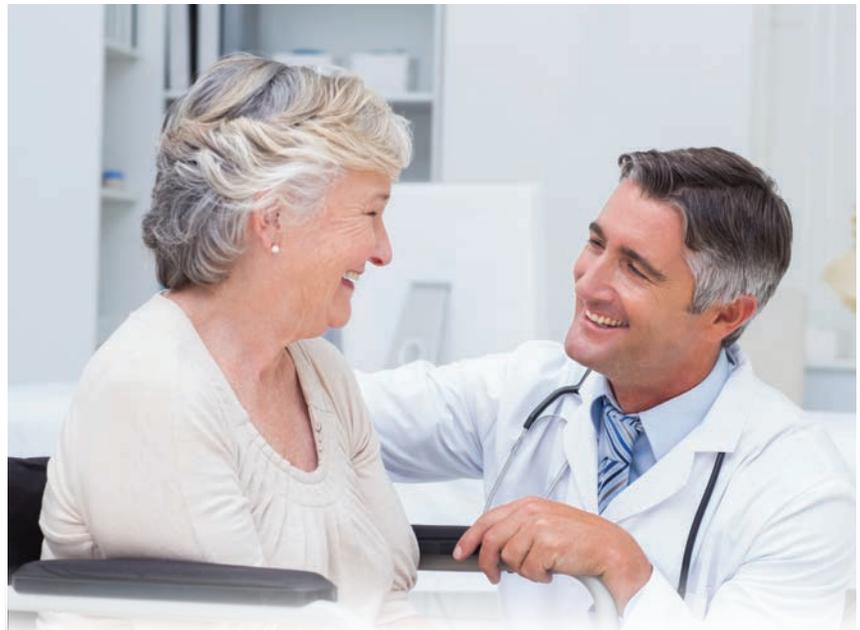


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Senior Games March 2018



7 Foods Proven to Help Prevent Cancer

The causes of cancer are complex, but inflammation appears to be a primary culprit behind cancer growth, and part of the reason why tumors get started in the first place. Just as it is in heart disease, Alzheimer's and diabetes, inflammation and free radical damage are found at the very root of cancer.

Many studies point to cancer-preventative qualities in foods that reduce inflammation. Some research suggests that 30 percent of all cancers can actually be prevented by following a diet high in antioxidants, those natural anti-inflammatory nutrients found in many fruit and vegetables.

Here are some of the top inflammation-lowering foods:

Leafy Green Vegetables

Leafy green veggies top the list of healthy things you can eat, because they are absolutely loaded with vitamins, minerals, antioxidants, bioflavonoids, carotenoids and other cancer-preventive compounds. Fruits and vegetables that are vibrant in color – green, orange and deep red – are the ones that provide the most health benefits. And the leafy greens are the best of the best: spinach and kale, collard greens, mustard greens, romaine lettuce and arugula. These contain compounds that encourage cancer cells to die off, and help prevent tumors from forming and growing. Chop leafy greens into salads, braise them, juice them, or bake them into casseroles and chips.

Orange Vegetables and Fruits

Sweet potatoes, squash, oranges, pumpkin, carrots, beets and tangerines signal the presence of antioxidants by their sunny orange colors. If you have dark green veggies on your plate, be sure to have some orange-colored ones, too – by “eating the rainbow,” you enjoy the fullest array of cancer-preventing benefits in food. The complex carbs and carotenoids in orange fruits and veggies are known to reduce the risk of several types of cancer, and strengthen the immune system. Roasted yams, steamed squash and cooked baby carrots only need a dash of salt or spice to bring them to perfection.

Red and Purple Berries

Scientists have found that berries contain the highest antioxidant levels of all fresh fruits, which make them an important part of a cancer-preventative diet. Black and red raspberries, tart cherries, strawberries, goji berries, blackberries and especially blueberries lower free radical damage and help prevent cancer. Since berries are so easy to eat out of hand, and easy to use in recipes, they are also the easiest way to “eat yourself away” from cancer.

Cruciferous vegetables

Cruciferous vegetables like broccoli, cauliflower, Brussels sprouts and cabbage are known to be generally good for you, but not everyone knows how good they are at preventing cancer. These veggies are packed with strong antioxidants that protect the structure of DNA and scoop up free radicals. Studies have shown that people who consume large amounts of cruciferous veggies often have dramatically lower rates of colon, breast and uterine cancers. Preparation: Try roasting, steaming, stir frying, chopping into salads and soups, or simply dipping in yogurt for a healthy snack.

Nuts and Seeds

Chia seeds, flax seeds, sesame seeds, pumpkin seeds and sunflower seeds are full of nutrients, and they have been shown to be extremely effective against cancer. Even a couple of tablespoons per day can help slow the growth of colorectal, prostate and lung malignancies. Walnuts, Brazil nuts and almonds contain the important mineral selenium, which dramatically lowers the risk of cancer. Nuts make a convenient snack, and they can also be toasted and added to salad, cereal, yogurt and baked goods.

Fresh Herbs and Spices

Herbs and spices like ginger, turmeric, raw garlic, thyme, black pepper, cayenne pepper, oregano, basil and parsley are powerful immune system boosters that are known to reduce the risk of cancer. Turmeric has been shown to reduce tumor size in colon and breast cancers, and ginger has been shown to slow ovarian and colorectal cancers. Turmeric can be added to stir-fried vegetables, scrambled eggs and salad dressing, to name a few recipe ideas. Try sliced ginger in tea, and grated ginger in savory dishes.

Black and Green Teas

While there is a huge variety of herbal teas on the market, traditional black and green teas are considered the best sources of cancer-inhibiting antioxidants. In one study, women who drank at least two cups of black tea daily had a 32 percent lower risk of ovarian cancer, compared with those who drank one cup or less per day. Green tea has also been seen to decrease cancer risk. Both black and green teas are rich in the polyphenolic compounds which keep tumors from growing and spreading to other organs. Since metastasis is the principle cause of death in cancer patients, the value of tea-drinking cannot be overlooked. Whether it is served hot or cold, a cup of tea twice a day is a simple way to help keep cancers at bay.

Single Day Tours

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.

COWBOY FESTIVAL

Saturday, April 21, 2018

It's not country...it's cowboy! Put on your cowboy boots, hat and saddle up to the 24th annual Cowboy Festival – a fun way to experience and honor the authentic Old West. Marvel at the professional trick roping, blacksmithing, quilting and cowboy cooking.

Member: \$102

Nonmember: \$109

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

Suggested: walking shoes

Tribute to Huell Howser: **JULIAN'S CAMELS, FLOWERS & PIE**

Saturday, May 5, 2018

On this tribute to Huell Howser and his uncanny ability to uncover amazing hidden secrets in the unlikeliest of places, we'll see clips of California's Gold and Visiting...With Huell Howser onboard, and walk in his footsteps when we visit the sights ourselves.

Member: \$72

Nonmember: \$79

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

SUNDAY BY THE SEASIDE

Carlsbad Village Faire & Self-Realization Gardens With Included Lunch at Green Tavern

Sunday, May 6, 2018

A truly wonderful way to spend a Sunday! Spend time this morning at leisure in downtown Carlsbad's charming historic village at the annual Carlsbad Village Faire

Suggested: walking shoes.

Member: \$82

Nonmember: \$89

Depart: LHS 9:00 a.m Return: 6:00 p.m.

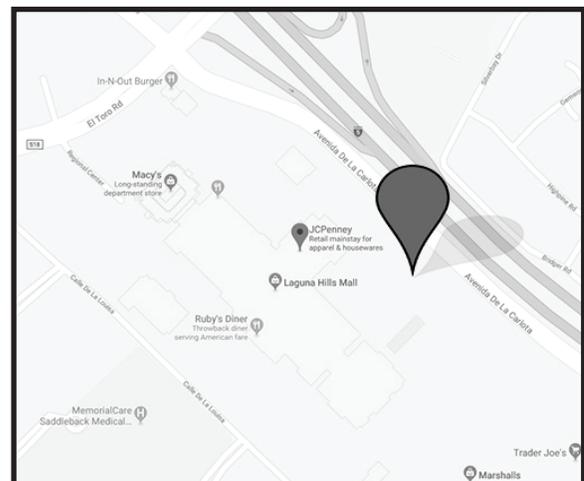
Pick Up Place has returned to near J.C. Penny & the 'Five Llagunas' sign.

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

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Thank you



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May 8 - 14, 2018 (7 Day Tour)

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Non Member:

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Deposit \$200

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learning about the unique history and geologic
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June 6 - 11, 2018 (6 Day Tour)

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Non Member:

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Deposit \$200

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Each day you'll visit the coast, mountains, water-
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Non Member:

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(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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN STRIPS MACARONI & CHEESE GREEN PEAS GARDEN BLEND SALAD WITH TOMATOES ORANGE JUICE VANILLA WAFERS 2	NO HOT LUNCH 3	MEATBALL SANDWICH TOSSED SALAD WITH DRESSING ORANGE JUICE CINNAMON APPLES 4	NO HOT LUNCH 5	Volunteer Appreciation Day CREAMY ROSEMARY CHICKEN CAESAR SALAD ROASTED RED POTATOES BROCCOLI FLORETS ÉCLAIR 6
APRICOT GLAZED CHICKEN BREAST LONG GRAIN BROWN RICE CAPRI BLEND VEGETABLES 1/2 SLICE WHEAT BREAD ORANGE JUICE TAPIOCA PUDDING 9	NO HOT LUNCH 10	SALISBURY STEAK WITH ONION GRAVY BAKED POTATO WITH SOUR CREAM BRUSSEL SPROUTS RYE BREAD MANDARIN, STRAWBERRY 11	NO HOT LUNCH 12	Tax Day BBQ RIBLET POTATO O'BRIEN CAPRI BLEND VEGETABLE WHOLE GRAIN BREAD APPLE COBBLER 13
GRILLED SAUSAGE WITH PEPPERS & ONIONS OVER EGG NOODLES CARROTS & CAULIFLOWER SLICED PEACHES WITH RASPBERRIES 16	NO HOT LUNCH 17	PINEAPPLE GLAZED HAM SWEET POTATOES BRUSSEL SPROUTS 1/2 SLICE RYE BREAD ORANGE JUICE CINNAMON APPLES 18	NO HOT LUNCH 19	Earth Day SPLIT PEA SOUP TUNA SALAD SANDWICH BROCCOLI & CAULIFLOWER SALAD CHOCOLATE DIRT CAKE 20
LENTIL SOUP TURKEY SANDWICH ON WHOLE WHEAT BREAD CARROT RAISIN SALAD FRESH ORANGE OATMEAL COOKIES 23	NO HOT LUNCH 24	PARMESAN CHICKEN SPAGHETTI & SAUCE SPRING SALAD MIX WITH TOMATOES ORANGE JUICE AMBROSIA 25	NO HOT LUNCH 26	Birth Day Party! BBQ CHICKEN THIGHS! CHUCKWAGON CORN TOMATO AND GREEN BEAN SALAD 1/2 SLICE WHEAT BREAD BANANA CAKE 27
FISH FILET IN A CREAMY DILL SAUCE LONG GRAIN BROWN RICE BUTTERED CARROT COINS CAESAR SALAD/CROUTONS ORANGE JUICE FRUITY YOGURT 30	<h1>April 2018</h1>			

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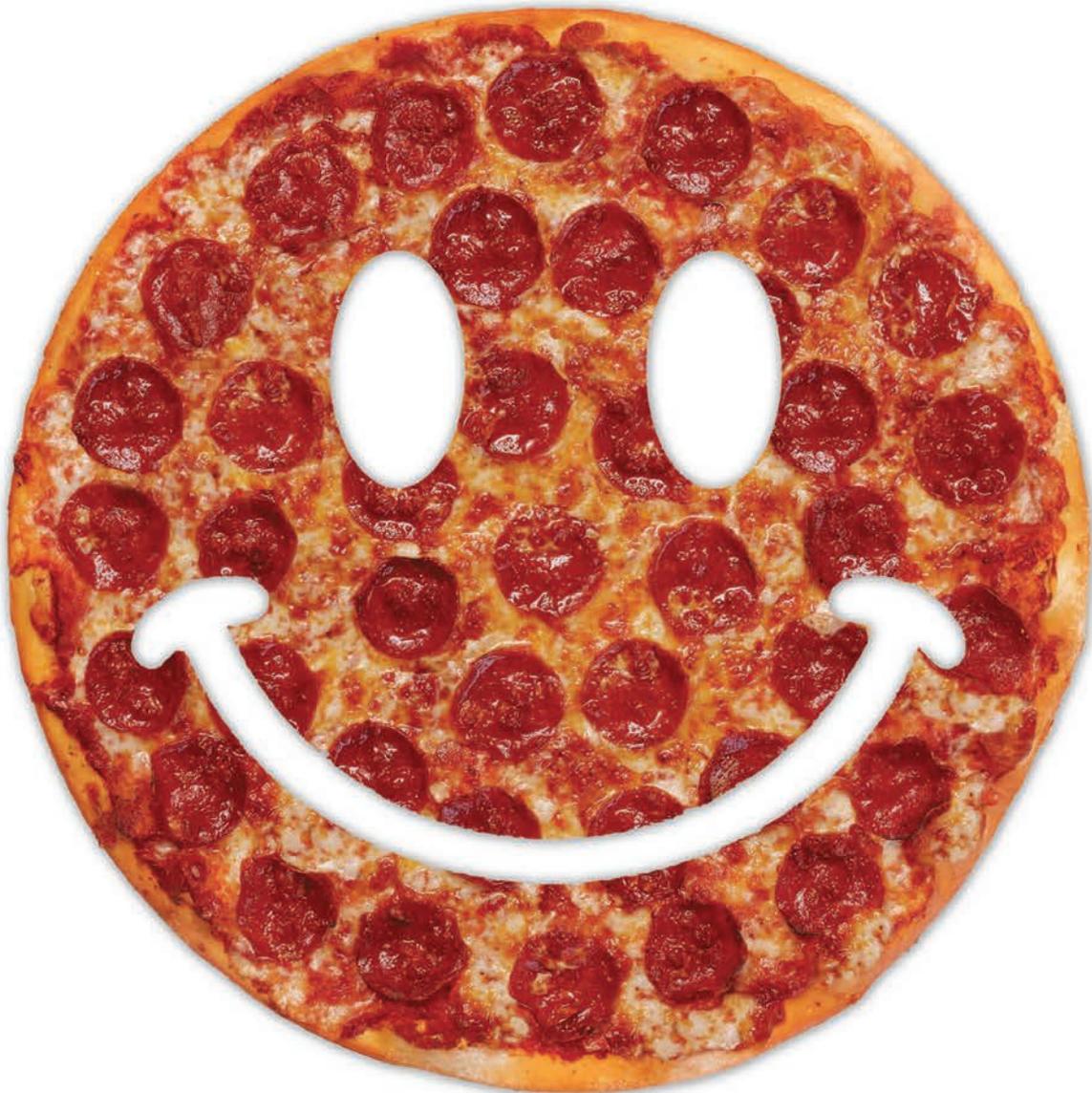
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SUBSTITUTES WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HUMMUS WRAP SLICED BEETS WITH DRESSING ORANGE PINEAPPLE JUICE PEARS 2	SNOBALL SALAD PLATE 9 GRAIN BREAD ORANGE JUICE LEMON PUDDING 3	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE FRUITED GELATIN 4	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGES WITH DRESSING CANTALOUPE 5	HAM & CHEESE SANDWICH ON RYE BREAD COLESLAW FRESH ORANGE 6
SEAFOOD SALAD PLATE STONEGROUND WHEAT BREAD ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 9	ROAST BEEF & CHEESE SANDWICH ON CANADIAN OAT BREAD SLICED BEETS WITH DRESSING CANTALOUPE 10	CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE YOGURT 11	CHICKEN SALAD SANDWICH ON HONEY WHEATBERRY BREAD THREE BEAN SALAD CANTALOUPE 12	EGG SALAD PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRESH FRUIT 13
TUNA SALAD PLATE ORANGE JUICE ROLL GRANDMA'S OATMEAL RAISIN COOKIES 16	HAM SANDWICH ON CANADIAN OAT BREAD BEETS WITH DRESSING FRESH ORANGE 17	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH FRUIT 18	SPINACH SALAD WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE PUDDING 19	CHICKEN SALAD SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRUIT COCKTAIL 20
CAESAR SALAD 9 GRAIN BREAD ORANGE JUICE CHOCOLATE PUDDING 23	HARVEST VEGETARIAN PLATE WHOLE WHEAT BREAD ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN 24	HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES 25	SNOBALL SALAD 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT 26	SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CLEMANTINE VANILLA WAFERS 27
ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE CHOCOLATE PUDDING 30	<h1>April 2018</h1>			

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The advertisement for A-1 Home Care Agency features a green background. On the left, there is a photo of two women, one in a blue uniform and one in a white shirt, smiling. Above the photo is a yellow heart icon with hands inside. To the right of the photo are several certification logos including CAHSR, NSPC, and others. The text is in white and red, providing contact information and services offered.

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