



Laguna Niguel
Senior Citizens Club
Helping people feels good.

JANUARY 2019

Vol.36, No.1

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New Year!*



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Why Community Service?

Over the years starting as a young man I enjoyed being involved with community service in several locations around our country and now Laguna Niguel for over 13 years. I have met so many great friends within the city staff and the many organizations that I have been involved with. So many friends, so many good works given from the heart by so many every day.

I haven't thought about it much over the years on why I do these things however recently I have been thinking about the many life lessons and benefits community service brings to those who engage in serving. I am including few examples that I have experienced along with the many friends that I have met over the years. It is interesting to me as many of the examples that I noted below just happen and seem as natural every day occurrences however, they wouldn't happen without the many friends and service that we attend to each day. I have often heard that volunteers get so much more than what we give. This is how I view this as I experience this every day. I feel I'm a better person due to the involvement with so many very impressive folks in our city. Former President George H.W. Bush once mentioned "Any definition of a successful life must include service to others" Not only that we have a successful life but we will be much happier.

Volunteering provides many benefits to both mental and physical health and helps counteract the effects of stress, anger, and anxiety. Volunteering also combats depression as we focus on the positive activities with community service.

The more we give the happier we feel that we are doing good for others and the community and naturally increases self-confidence in all areas of your life. Volunteering provides a sense of purpose and accomplishment. Your role as a volunteer can also give you a sense of pride and identity.

Volunteering with and for others increases social interaction and helps build a support system based on common commitment and interests—both of which have been shown to decrease depression. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

I can go on forever on the positive benefits of community service as I believe in the positive outcomes and benefits as I have personally experienced them all. I noticed service boosts our self-esteem and building a strong safety net for when you're experiencing trying times. Expanding your connections and relationships you can create while volunteering is endless.

I have to say I do look forward to walking in to City Hall, the Sea Country Senior Center, Senior Club office, Chamber office, Police Services (No Handcuffs) and other locations within our city to get a smile and Hi John. Even the darkest day becomes brighter. It's the best ever and all due to community service and the friendships gained through these activities.

BTW, I came upon a study that mentions estimated value of volunteer time for 2017 is \$24.14 per hour, according to Independent Sector, a coalition of charities, foundations, corporations, and individuals that publishes research important to the nonprofit sector. Thank you to all that invest time and service to all the service organizations. Great job all.

We have so many opportunities to serve in our community. I am involved with many of the activities in our city and maybe I offer some suggestions that may fit your interests and passion to do good works. Feel free to give me a call or email johnulrich@cox.net



John Ulrich
Chair City Senior Committee

JANUARY Events
Every Wed <i>Bingo</i>12:20-3:00
Every Wed <i>Party Bridge</i>12:15
Every Thurs <i>Scrabble</i>1:00-3:00
1st Fri <i>Book Club Group</i>1:00-2:30
3rd Friday Speaker Victor G Ettinger, MD, FACE, FACP, MBA

2018 DATES TO REMEMBER:		
Board Meetings	Center CLOSED	3rd Friday Lunches
Jan. 14th Mon.	Jan. 1st	Jan. 18th
Feb. 11th Mon.	Feb. 18th	Feb. 15th
Mar. 11th Mon.	May. 27th	Mar. 15th
April 15th Mon.	July 4th	April 19th



PARTY
Bridge

WEDNESDAYS & FRIDAYS
12:15-3:45pm



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

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!

3rd Friday Speaker

Victor G Ettinger,
MD, FACE, FACP, MBA

Dr. Ettinger will be our speaker for January. He will be present updated, current information on the latest Diabetes medications and the Federal standards. Dr. Ettinger is an active presenter and lecturer in many medical fields and has received numerous honors and special awards.

Editor's note: Of course, after his presentation, Dr. Ettinger welcomes questions. See you there?

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PRESIDENT'S CORNER...

HAPPY NEW YEAR!

The Sr. Club has a "new" Board with continuing plans for YOU to participate in this NEW Year 2019. We want to encourage you to consider joining us by volunteering your special talents!

Please take the time to read John Ulrich's beautiful article about the benefits of volunteering. He states many of my personal feelings. I also want to encourage each of you to express your suggestions and concerns about the Club's activities. We are carefully evaluating the results of the surveys you returned to us and will take action.

Our Christmas Party was a fun, joyful occasion. The team of volunteers "outdid" themselves with the decorations, posters, etc. Barbara Randolph (Chairperson), Chris Williamson (new Board Treasurer), Nereyda Landau (Office Manager), Shahin Aghi, Carol & Richard Kurland, Steve Morris, Marc Winer (Santa-- gave gifts to ALL), Jimmy Blanco. Geri Grignano (former Office Manager) donated the precious "collectible tree ornaments" for the Centerpieces which were given to attendees. Thanks also to Robin for the use of the red tablecloths.

We had several "honored guests" at the event: Bob Burdick and his Antique Car Club drivers, who have allowed us to ride in their beautiful autos for over 10 years in the Holiday parade; Elaine Gennaway, former Mayor; Crestavilla (gold sponsor) advertiser; various City and Sea Country staff who actively support our Club.

I hope you enjoy the many photos in this Newsletter: the Holiday Parade and the Party. Photographers were Barbara Randolph, Deanna Holman, Robin, and Carol Kurland.

Our 3rd Friday (Jan. 18) speaker is Dr. Ettinger. His topic is Diabetes: New Medications and Federal Standards. Come and bring your questions for him. Please be sure to phone Robin with your RSVP.

The Advertisers in this Newsletter are "friends" of our Club, please support them. They provide the funds to continue sending you these Newsletters with current Club information every month. Other "friends" of our Club are the staff of Relevance who donate their time and services to produce the electronic file for the printer -- every month AND updating our beautiful website.

By the way, did you renew your 2019 membership? I am looking forward to seeing and talking with you!

-Yvonne



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FOR MORE INFORMATION:

Attend the **Friday, January 25th** informational meeting at **noon**
in the Laguna Niguel Chamber's office at

30111 Crown Valley Pkwy, Ste. A, Laguna Niguel, CA 92677

Please do NOT arrive before 11:50am.

QUESTIONS - CONTACT

Lisa Lu at Lu@Soka.Edu or 949-480-4083 or
Wendy Harder at WWHarder@Soka.Edu or 949-480-4081
For a complete itinerary visit www.LNChamber.com



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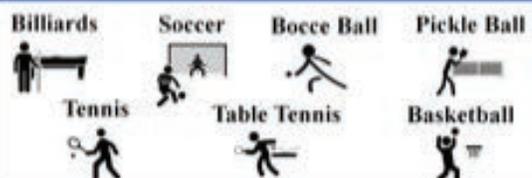
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LAGUNA NIGUEL Senior Games

Save the Dates:
**Saturday, March 30, 2019 &
Sunday, March 31, 2019**

Opening Ceremony :

Friday, March 29, 2019 - 6pm at Sea Country



For Participants Ages 55+

CHRISTMAS PARTY PHOTOS



CHRISTMAS PARADE PHOTOS



CHRISTMAS PARADE PHOTOS





Laguna Niguel Senior Citizens Club

Helping people feels good.

Doors Close
at 1:30



Dinner
by Jolanda



DINNER PARTY

Saturday February 2, 2019

12:45 p.m. - 6:00 pm

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

All Tickets: \$25.00

*Includes 1st buy-in & dinner.
2nd buy-in, daubers , break game NOT included*

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





Monday, January 14th 1:00

Sea Country Senior Center

Presentation on Captioned Telephones

Sandra McElwee, Title IV ADA Specialist from ClearCaptions, will be explaining about how to qualify for a no-charge Caption Phone for anyone who has hearing loss. Hearing loss can lead to isolation and then to depression and loss of independence. This simple assistive technology tool exists to extend the independence and connection of Seniors to their friends and family.



Sandra McElwee, Title IV ADA Specialist, 949-324-5529 sandra.mcelwee@clearcaptions.com

3rd Friday Speaker Article

Hello to all. I'm new to Sea Country Community Center. I'm a mostly retired physician, an Endocrinologist to be specific. I usually deal with people with diabetes, thyroid problems, cholesterol management, weight issues and so on. How I usually describe what I do is that I help people who are too short, too tall, too fat, too thin, with diabetes or thyroid disease . I also love to teach people about these issues as well as how to choose a physician, the politics of medicine, etc.

I'm telling you all this because on January 18th, the third Friday, I will be discussing with you new and older medications for treating diabetes. This has become a very complicated subject even for specialists like myself because these drugs work in many different ways that have different benefits for different people. There are now over 12 different classes of diabetes medications starting with insulin and going on to the newest medications called GLP1 agonists and SGLT2 inhibitors that you see advertised on TV all the time. I'm sure you have heard of Jardiance, Invokana, Victoza, Bydureon, and on and on. It is very important for anyone who has diabetes (and their families) to have an idea about the pros and cons of these drugs and what you feel might be best for you . Sometimes one medication may solve several problems cutting down the number of pills you need to take. Maybe some need insulin. Maybe they need a combination of insulin and pills. These are questions that aren't always easy to answer especially for very busy Primary Care Providers (otherwise known as PCPs). So come to my talk on January 18th and find out new information and see about getting your questions answered.

And if are really interested in how your hormones and metabolism change as we age, you can come to my class at St. Killian's Church in Mission Viejo. This is a free Saddleback Emeritus Institute program starting on January 15th and running to May 23rd, Tuesdays and Thursdays from 10 AM to 11:15 AM. You are all welcome to sign up.

Have a very happy holiday and a safe and satisfying New Year celebration; and I look forward to speaking with you about diabetes on January 18, 2019.

Thanks for reading.

Victor G Ettinger, MD, MBA, FACE, FACP

(lots of fancy initials after my name to suggest that I really know what I'm talking about).



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FUNNY!

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walked over to me and asked, "What brings you in today? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs?"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it. Some people try to turn back their "odometers." Not me. I want people to know why I look this way. I've traveled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

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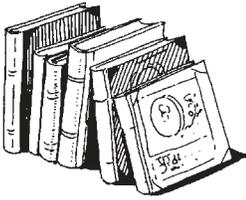
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BOOK GROUP

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:

Jan 4

Whistling Past the Graveyard

by Susan Crandall

Feb 1

Eden: A Novel

by Jeanne McWilliams Blasberg

Mar 1

News of the World

by Paulette Jiles

VOLUNTEERS NEEDED FOR OUR LOCAL YOUNGSTERS

Looking for a few volunteers to demonstrate leadership, communication, and teamwork to our local youth of today by becoming an umpire for the LAGUNA NIGUEL LITTLE LEAGUE. No longer just about baseball, we need those men and women who want to represent a positive example to kids from 8-14. We will train you and provide the necessary equipment, we just need a few hours of your time during the season (late February through May 2019). The training begins early February, so contact Mike at uic@lnll.org for more information.

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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!

ALCOHOL IS NOT HEALTHY; IF YOU DRINK, DO SO IN MODERATION

Alcohol is full of empty calories, leads to poor food choices, interferes with decision making, and disrupts the way the body processes nutrients.

If you opt to drink alcohol, drink responsibly.

Many people enjoy an occasional drink at the end of the day. But alcoholic drinks provide significant extra calories and increase the risk of health problems; therefore, minimal use is the better approach. For those who choose to drink but want a healthy lifestyle, the evidence is clear: alcohol is not your friend.

Calories in alcohol

If someone has an occasional glass of wine, beer or drink, the calories don't matter that much. But if someone drinks to the extent that the calories do matter, then that is a problem and not a healthy lifestyle.

The exact number of calories in an alcoholic beverage can vary by type, brand, ingredients, and portion size. Here are some estimates (and don't forget to take into account any additional calories added from mixers such as juice, soda, and tonic, cream, coconut cream, and other sweeteners):

- 12-ounce beer = 150 calories
- 5-ounce glass of wine = 120 calories
- 7-ounce rum and cola = 155 calories
- Cocktails can contain 300-900 calories per drink!

Alcohol calories are generally considered empty of nutrition. If you're limiting your calories, it's especially important to make sure any caloric intake fuels your body in nourishing ways. If you're tempted to skip a meal to make room for the extra alcohol calories, don't. Not only are you robbing your body of important nutrients, this method can backfire and lead to alcohol-induced overeating.

According to the Centers for Disease Control and Prevention (CDC), the average alcohol intake by an adult American is 100 calories per day. In general, men consume more alcohol calories than women, and younger adults more than older ones.

Less than modest drinking, or excessive drinking, can set you back hundreds of calories daily, and involves many risks to your overall health. Even a few drinks a week is linked with increased risk of several cancers.

Alcohol interferes with decision making

If you feel like overeating after drinking alcohol, you're not alone. It's a common reaction. Unfortunately, when our inhibitions are loosened by alcohol and we give in to those tipsy cravings, it becomes a time that we make poor food choices and overeat.

One research study, based on the drinking and eating habits of college freshman, shows that nearly half of moderate drinkers reported overeating and making unhealthy food choices after drinking, and demonstrated significant increases in body mass index (BMI), an indicator of body weight. Another study concludes that alcohol's effect on one's self-control leads to overeating and making poor food choices. Clearly, this situation isn't complementary to a healthy lifestyle.

Tips for responsible drinking:

Drinking in moderation is key, if you drink at all (daily limit: 2 drinks for men, 1 drink for women). But the limit of one or two drinks per day is not permission to drink that much. There is no safe level of alcohol consumption recommended.

Eat a healthy meal before drinking.

Hydration is important, and it is easy to become dehydrated while drinking. Drink a large glass of water after every drink; or better yet, have sparkling or soda water with a twist and skip the alcohol.

Avoid high-calorie, sugar-laced mixed drinks. Cocktails with lots of cream and sugars are very high in calories, not good for us, and should be limited. Sugar and cream (fat) in mixed drinks add more calories than the alcohol. The alcohol is toxic to the body, and the sugars and fat add around 200-800 calories per drink to the 100 calories in 1.5 ounces of liquor.

Make healthier snack choices like veggies rather than common bar food and other snacks.

Plan your post-alcohol meal before you drink.

Get regular exercise as part of a healthy lifestyle.

When people drink to the extent that it is a calorie or weight issue, they are drinking too much for good health.

HOW TO PROTECT YOUR FAMILY FROM FOOD POISONING

Equip yourself with the smarts to keep your family's dinner table safe from germs and toxins that can cause food poisoning.

Food poisoning is all too common

Although American enjoys of the safest food supplies in the world, outbreaks of food poisoning are reported in the news on a fairly regular basis.

Although it does make the stomach jump a bit, it tends to be something that too many people do not think about beyond "I'm glad it wasn't me." If you've ever had food poisoning, you remember the occasion. But unless you had to go to the hospital, you may put the episode down as a learning experience and move on: You ate something that wasn't good, you got sick, end of story. But, with approximately 128,000 hospitalizations, and 3,000 deaths each year, food poisoning is a much larger national issue than many give it credit for.

Food poisoning — also known as foodborne illness, foodborne infection or foodborne disease — results from consuming food that has been contaminated with bacteria, viruses, parasites or toxins. Sometimes it results from contamination that occurred before the food was prepared, and sometimes it occurs when handlers do not store or prepare food correctly.

The foods most at risk of contamination are raw animal products, but fruits or vegetables like melon or lettuce can become tainted as well, whether in the field, in the bag, or at any processing step in between. Raw meats can also cross-contaminate other foods they or their fluids come into contact with in the kitchen.

When a food recall is issued, it will typically contain product information including identifying marks on the label (if any) such as expiration date or lot code. And of course, if the product you have at home matches the details on the label, do not open it or eat it. If you think it made you sick, save the label and any remaining portions, and tell your local department of health. You should also alert the health department if you become sick from what you ate at a restaurant or a large event.

To see the most recent recalls and alerts from the USDA and the Food and Drug Administration, visit [Foodsafety.gov](http://foodsafety.gov).

4 keys to avoiding food poisoning:

Check your steps

Clean. Make sure that your hands are thoroughly washed for at least 20 seconds before and after handling food. Wash surfaces and utensils every time you use them. Wash fruits and vegetables, but do not wash meat, poultry or eggs, as this could spread bacteria if their juices spill onto the sink and countertop.

Separate. Keep food that could carry bacteria away from other foods. (Like raw chicken and vegetables). This includes using separate cutting boards — one for meat, poultry and seafood, and a different one for produce. Keep your eggs, seafood, meat and poultry in a different part of the refrigerator than other foods.

Cook. When cooking, use a food thermometer to ensure that the food is cooked to the proper temperature. The "danger zone" in which bacteria multiply quickest is between 40 degrees and 140 degrees Fahrenheit.

Chill. Always chill perishables right after bringing them home from the store. Store them — and leftovers — in the fridge, which should be kept between 32 degrees and 40 degrees Fahrenheit. Do not thaw foods on the countertop. Instead, thaw them in the refrigerator, by microwave, by submerging in cold water, or by simply cooking without thawing.

Symptoms of food poisoning and when to seek medical attention

The U.S. Department of Agriculture (USDA) explains that because food poisoning symptoms often seem like the flu symptoms, many people can mis-diagnose themselves and cause them to not get the proper treatment.

If you are experiencing symptoms such as nausea, vomiting, diarrhea, abdominal cramping, and fever for more than 24 hours you should see a health care provider right away. People in the following at-risk groups should also seek immediate medical attention if food poisoning is suspected:

Infants, children, pregnant women, and older adults;
People whose immune systems are weakened, such as people living with HIV/AIDS, diabetes, cancer, kidney disease, or a transplant.

The USDA notes that, "Symptoms of food poisoning can appear anywhere between four hours and one week after ingesting a contaminated food item and can persist for as short a time as 24 hours or as long as a week."

Single Day Tours

ROUTE 66... NOSTALGIA & NIBBLES

With Step-On Guide Curt
& Included Lunch at North Woods Inn

Tuesday, January 22, 2019

Take a journey down memory lane along the "Mother Road," Route 66, which holds a special place in American consciousness and evokes images of simpler times. On today's journey of Route 66 "L.A. Style," we are joined by professional step-on guide Curt, a history buff with an expertise on the evolution of L.A.

Suggested: walking shoes

Member: \$102 NonMember: \$107
Depart: LHS 8:00 a.m. Return: 6:30 p.m.

BRAZILIAN, BOOKS & THE BROAD

With Included Fogo de Chão Lunch

Sunday, February 3, 2019

This popular tour pairs two of downtown L.A.'s newest destinations – featuring eclectic art and an elegant lunch – a true feast for your eyes and your belly! When it debuted in 2015, The Broad blew away all expectations and not only changed the landscape of downtown L.A. but changed the way museum's display art.

Member: \$102 NonMember: \$107
Depart: LHS 8:00 a.m. Return: 4:30 p.m.

Multi Day Tours

CENTRAL COAST WHALES, RAILS & DUNES

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

March 6 – 8, 2019 (3 Day Tour)

Member: Double \$599 / Single \$699
NonMember: Double \$628/ Single \$734
Deposit \$100

This three-day getaway showcases the wildlife and geologic treasures along California's Central Coast at a delightful time of year. Explore the historic and geologically unique Guadalupe-Nipomo Dunes, embark on a whale watching cruise from Morro Bay.

DEATH VALLEY SPLENDOR

Featuring Two-Night Stay at The Ranch in Death Valley National Park, Inn at Death Valley Lunch,

March 17 – 19, 2019 (3 Day Tour)

Member: Double \$599/ Single \$869
NonMember: Double \$628 / Single \$912
Deposit \$100

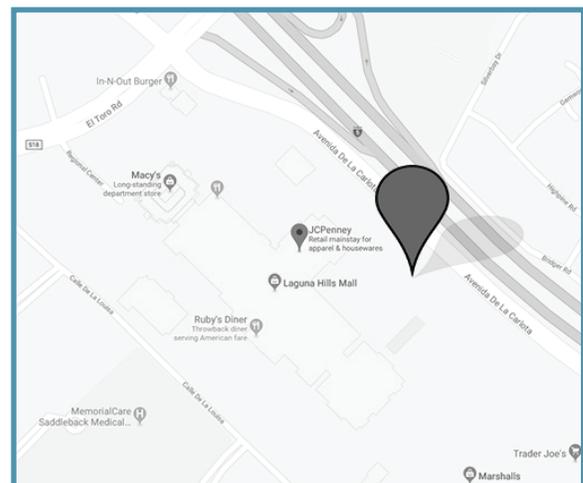
Ever since the first immigrants saw Death Valley, fantastic tales have been told of its incredible temperatures and enormous riches. But the exaggerations may not be too far from reality in describing this narrow valley of strange, exciting beauty, cradled between towering, multicolored mountains.

*Pick Up Place has returned to
near J.C. Penny & the 'Five Lagunas' 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



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
January	NO HOT LUNCH	BBQ CHICKEN THIGHS CHUCKWAGON CORN TOMATO AND GREEN BEAN SALAD 1/2 SLICE STONE GROUND WHEAT BREAD BANANA CAKE	NO HOT LUNCH	PARMESAN CHICKEN SPAGHETTI & SAUCE SPRING SALAD MIX WITH TOMATOES ORANGE JUICE AMBROSIA
SOUTHWESTERN CHICKEN CHILI WITH TOPPINGS GARDEN SALAD WITH DRESSING CORN MUFFIN NUTMEG CUSTARD	NO HOT LUNCH	BUTTERNUT SQUASH SOUP ROAST BEEF SANDWICH ON WHOLE WHEAT BREAD BROCCOLI & CAULIFLOWER SALAD CHOCOLATE CHIP COOKIES	NO HOT LUNCH	Elvis' Birthday MEATLOAF AND GRAVY BAKED POTATO/SOUR CRM CARROTS MIXED FRUIT CORN MUFFIN PEACH COBBLER
HERB ROASTED PORK LOIN & GRAVY BAKED SWEET POTATO CAPRI BLEND VEGETABLES ORANGE JUICE 1/2 SLICE 9 GRAIN BREAD OATMEAL COOKIES	NO HOT LUNCH	HONEY MUSTARD CHICKEN BAKED TOMATO HALF ROASTED RED POTATOES 1/2 SLICE WHOLE WHEAT BREAD FRUITY RASPBERRY GELATIN	NO HOT LUNCH	CHICKEN ENCHILADA CASSEROLE SPRING SALAD MIX WITH TOMATOES SPANISH RICE ORANGE JUICE FRUIT AMBROSIA
Martin Luther King, Jr. Day 	NO HOT LUNCH	BEEF STEW WITH POTATOES, CARROT, ONION & CELERY GARDEN SALAD WITH TOMATOES 1/2 SLICE WHEAT BREAD SLICED APPLES	NO HOT LUNCH	Birthday Party STUFFED GREEN PEPPERS BABY CARROTS SPINACH SALAD WITH DRESSING 1/2 SLICE WHEAT BREAD BANANA CAKE
YANKEE POT ROAST ROASTED RED POTATOES CARROTS WHOLE WHEAT ROLL MANDARIN & BANANA SALAD	NO HOT LUNCH	Wintertime BBQ PULLED PORK BBQ SANDWICH ON A BUN CORN & BLACK BEAN SALAD COLESLAW SEASONAL MELON	NO HOT LUNCH	2019

*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
January	HAPPY NEW YEAR	SUBMARINE SANDWICH ON FRENCH ROLL COLESLAW ORANGE PINEAPPLE JUICE CANTALOUPE	HARVEST VEGETARIAN PLATE WHOLE WHEAT ROLL ORANGE PINEAPPLE JUICE FRUITY RASPBERRY GELATIN	HUMMUS WRAP CANTALOUPE ORANGE PINEAPPLE JUICE GRANDMA'S OATMEAL RAISIN COOKIES
TUNA SALAD PLATE CROISSANT ORANGE JUICE APPLESAUCE	SUBMARINE SANDWICH ON A FRENCH ROLL TOMATO WEDGE WITH DRESSING ORANGE JUICE CLEMENTINE VANILLA WAFER	CHICKEN SALAD SANDWICH ON 9 GRAIN BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE FRESH FRUIT	EGG SALAD SANDWICH ON 100% WHOLE WHEAT BREAD TOMATOES WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING	ROAST BEEF & CHEESE SANDWICH ON 9 GRAIN BREAD GARDEN SALAD WITH DRESSING ORANGE PINEAPPLE JUICE FRESH FRUIT
TURKEY SANDWICH ON WHEATBERRY BREAD CARROT RAISIN SALAD ORANGE PINEAPPLE JUICE MANDARIN ORANGES & BANANA	GREEK LENTIL SALAD PITA BREAD ORANGE JUICE FAMOUS AMOS CHOCOLATE CHIP COOKIES	HAM SALAD SANDWICH ON RYE BREAD SLICED BEETS WITH DRESSING ORANGE JUICE CHOCOLATE PUDDING	ROAST BEEF SANDWICH ON 100% WHOLE WHEAT BREAD COLESLAW ORANGE PINEAPPLE JUICE FRESH FRUIT	SPINACH SALAD BLUEBERRY MUFFIN ORANGE JUICE FRESH FRUIT
Martin Luther King, Jr. Day 	HAM & CHEESE SANDWICH ON CANADIAN WHEAT BREAD TOMATOES/ WITH DRESSING ORANGE PINEAPPLE JUICE CANTALOUPE	TURKEY SANDWICH ON WHEATBERRY BREAD COLESLAW ORANGE JUICE FRESH APPLE	HARVEST VEGETARIAN PLATE WHEAT ROLL ORANGE PINEAPPLE JUICE TAPIOCA PUDDING	CHICKEN SALAD SANDWICH ON A CROISSANT GARDEN SALAD WITH DRESSING ORANGE JUICE APPLESAUCE
TURKEY SANDWICH ON DELI RYE BREAD CARROT RAISIN SALAD FRESH ORANGE	HUMMUS WRAP CANTALOUPE ORANGE JUICE YOGURT	SPINACH SALAD BLUEBERRY MUFFIN ORANGE PINEAPPLE JUICE FRESH FRUIT	TUNA SALAD PLATE 9 GRAIN BREAD ORANGE JUICE FRESH FRUIT	2019

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL



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