



NOVEMBER 2016



Monday	Tuesday	Wednesday	Thursday	Friday
MONTCLAIR SENIOR NUTRITION PROGRAM MONDAY-FRIDAY: 11:30 A.M.-1:00 P.M. 5111 BENITO ST. MONTCLAIR, CA (909) 625-9483	1 CHICKEN ALFREDO on Noodles Green Beans Green Salad Cantaloupe WW Bread	2 SHEPHERDS PIE Orange Juice Peas Lettuce/Cabbage Salad Pineapple chunks WW Bread	3 CHICKEN BREAST Tortilla Soup Rice Pilaf Spinach Carrot Raisin Salad Pear Halves WW Bread	4 CHILI BEANS w/shredded Cheese Green Salad Corn Bread Orange Slices
7 High Sodium Meal BEEF TACO Apple Juice Lettuce, tomato, and cheese Pinto Beans Spanish Rice Flour Tortilla Pudding	8 STUFFED PEPPER Mashed Potatoes Green Beans & Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread	9 ROAST TURKEY Mashed Potatoes Peas Shredded Romaine Salad Apple WW Bread	10 LASAGNA Orange Juice Lima Beans Green Salad Garlic Bread Fruit Cup	11 CLOSED FOR  VETERANS' DAY
14 High Sodium Meal HAM W/GLAZED SAUCE Lentil Onion Soup Sweet Potatoes Green Beans Coleslaw Cornbread Peaches	15 CHICKEN ENCHILADA CASSEROLE Refried Beans Carrots & Zucchini Orange Slices	16 <small>SENIOR BIRTHDAY & THANKSGIVING DAY PARTY</small> ROAST TURKEY STUFFING MASHED POTATOES ZUCHINI CRANBERRY SAUCE CARROT/RAISIN SALAD PUMPKIN PIE	17 Pulled BBQ Pork Sandwich Apple Juice Potato Salad Fresh Vegetable Salad Ambrosia	18 BAKED FISH Orange Juice Potato Wedges Green Salad Bread Pudding Banana WW Bread Tartar Sauce
21 High Sodium Meal POLISH SAUSAGE Tomato Soup Boiled Potatoes Steamed Cabbage Pudding Apple Rye Bread	22 PORK CHOP MEXICANA Barley Rice Stewed Tomatoes Green Salad Melon WW Bread	23 SPAGHETTI & MEATSAUCE Orange Juice Green Beans Green Salad French Bread Fruit Cocktail	24 CLOSED  THANKSGIVING DAY	25 CLOSED 
28 High Sodium Meal CHICKEN TACO Spanish Rice Refried Beans Lettuce/Tomato Cheese Flour Tortilla Orange Slice	29 MEAT LOAF Mashed Potatoes Spinach Green Salad Banana WW Bread	30 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Seasonal Melon WW Bread	SITE MANAGER: PATTI PENNINGTON (909) 625-9488 SUGGESTED DONATION FOR ADULTS AGES 60+: \$2.00 COFFEE: .25	



NOVEMBER



ACTIVITIES



November: **"There's a Counselor in the House"**. Denise Christensen, Ph.D., L.C.S.W., from West End Family Counseling Services, is available by appointment for a free counseling consultation with seniors who may be experiencing problems related to life changes, family issues, depression or anxiety. If interested, please call to schedule an appointment at (909) 983-2020 ext. 2231



- Mondays:** **Bingo at the Senior Center**  **1:00 pm to 4:00 pm**
- Wednesdays:** **FREE Muscle Strength Aerobic Class**  **10:00 am to 11:00 am**
- Thursdays:** **Bunco at the Senior Center**  **1:00 pm to 4:00 pm**
- Thursdays:** **FREE Line Dance classes**  **1:30 pm to 2:30 pm**
- Fridays:** **FREE Craft & Scrap Booking**  **9:30 am to 12 noon**
- Fridays:** **FREE Muscle Strength Aerobic Class** **10:00 am to 11:00 am**
- Fridays:** **Bridge & UNO card games**  **12:45 pm to 3:45 pm**

Sun. Nov. 6:  **Daylight Saving Time ends at 2 am Sunday morning. Turn your clocks**
BACK ONE HOUR BEFORE YOU GO TO BED ON SATURDAY



- Wed. Nov 2 & 16** **Color Away Your Stress** **9:30 am to 11:00 am**
Please RSVP at 625-9483. A FREE lunch will be provided if you attend
- Wed. Nov. 9:** **Veterans Day Dance** **3:00 pm to 6:00 pm**
Cost of the dance will be \$5, Veterans and spouses will be free.
Tickets can be purchased at the Senior Center
- Fri. Nov. 11:** **All City Offices & Senior Center will be CLOSED in observance of Veterans' Day** 
- Tues. Nov. 15:**  **Afternoon at the Movies** **1:00 pm to 3:00 pm**
"Spare Parts" is a drama/true story movie, rated PG-13
- Wed. Nov. 16:** **Senior Birthday/Thanksgiving Party** **11:30 am to 1:00 pm**
PRE-PURCHASED TICKET REQUIRED
- Thurs. Nov. 17 :**  **Food Distribution** **10:00 am to 11:00 am**
In the Community Center. Everyone must show ID.
- Thurs. Nov. 17:** **Bird Show** **3:30 pm to 4:30 pm**
Every one of all ages is invited to attend.
Please call to RSVP 625-9483
- Tues. Nov. 22:** **"Senior in the Spotlight" Presented by Irene Norquest** **2:00 pm to 3:30 pm**
"How to make Apple Butter"
Please RSVP to 625-9483
- Thurs. & Fri. Nov. 24 & 25:** **All City Offices, Senior Center will be CLOSED in observance of the Thanksgiving Day Holiday** 

SPECIAL DECEMBER ACTIVITIES

- Thurs. Dec. 1:** **Holiday Tree Lighting Ceremony Montclair Youth Center**  **6:00 pm**
- Wed. Dec. 14:** **Senior Birthday/ Christmas Party; PRE-PURCHASED TICKET REQUIRED**



Call the Senior Center at (909) 625-9483 for more information on any of these activities.