

SENIOR NUTRITION PROGRAM

# December 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHICKEN CURRY</b> 2 Winter Squash** White Rice Asian Cucumber Salad Whole Grain Bread or Roll Fresh Pear Orange Juice*	<b>BEEF SWEDISH MEATBALLS W/ WHOLE GRAIN NOODLES</b> 3 Green Peas Romaine, Celery, & Carrot** Salad Kiwi*	4 <p style="text-align: center;"><b>Closed for Senior Program Holiday Party</b></p>	<b>BEEF LASAGNA</b> 5 Carrots** Creamy Coleslaw* Fresh or Canned Peaches Gelatin Cups	<b>BAKED FISH W/CRUMB TOPPING</b> 6 Barley Pilaf Harvard Beets Marinated Bean Salad Orange*
<b>BEEF HAMBURGER ON A WHOLE GRAIN BUN</b> 9 Sliced Lettuce & Tomato Carrot Salad** Strawberries*	<b>SOFT CHICKEN TACO</b> 10 Butternut Squash Soup Pinto Beans Brown Rice Lettuce & Tomato Flour Tortilla Mandarin Orange*	<b>HOT ROAST BEEF</b> 11 Mashed Potatoes* Marinated Beet Salad Whole Grain Bread Applesauce or Watermelon Chef's Choice Pudding	<b>CRISPY CHICKEN</b> 12 Cabbage Soup Broccoli*** Spring Mix Salad Whole Grain Bread or Roll Banana	<b>BAKED FISH OR PORK CARNITAS</b> 13 Cilantro Brown Rice Baked Yam** Pineapple & Mango*
<b>CHICKEN DIVAN</b> 16 Brown Rice Green Beans Spinach Salad w/ Mandarin Oranges*** Peach or Pear Yellow Cake w/ Whip Topping	<b>BEEF &amp; TURKEY MEATLOAF</b> 17 Mashed Potatoes* Romaine & Iceberg w/ Cucumber Whole Grain Bread or Roll Pineapple & Mango*	<b>CHICKEN PARMESAN</b> 18 Cream of Mushroom Soup Whole Grain Spaghetti Winter Squash** Broccoli Slaw* Sourdough Bread Banana	<b>BEEF &amp; TURKEY STUFFED BELL PEPPER</b> 19 Carrots** Mesclun Salad Whole Grain Bread Cantaloupe*** or Tangerine*	<b>VEGETARIAN LASAGNA OR BREADED FISH</b> 20 Cauliflower & Peas Caesar Salad Whole Grain Bread or Roll Fresh Mandarin Orange*
<b>TURKEY SANDWICH</b> 23 Lettuce & Tomato Three Bean Salad Whole Grain Bread Fresh Fruit	<b>SCRAMBLED EGGS W/ DICED HAM+ w/Peppers &amp; Mushrooms</b> 24 Sunshine Salad** Whole Grain French Toast w/ Syrup Fresh Fruit Cup*	25 <p style="text-align: center;"><b>Closed for Christmas</b></p>	<b>BBQ PULLED PORK ON A WHOLE GRAIN BUN</b> 26 Chicken Cilantro Soup Potato Wedges Coleslaw* Pear or Strawberries	<b>BAKED FISH W/ LEMON SAUCE OR SALISBURY BEEF STEAK</b> 27 Baked Yams** Romaine Salad Whole Grain Bread or Roll Cantaloupe***
Meals Will be Served at 10:30 a.m.		Blaisdell Center will be closed this week starting Tuesday, 12/24		
<b>CHICKEN SALAD SANDWICH</b> 30 Lettuce & Tomato Coleslaw Dinner Rolls Fresh Fruit	<b>SCRAMBLED EGGS W/ ONIONS, MUSHROOMS, &amp; SPINACH</b> 31 Oven Brown Potatoes Pancakes w/Syrup Melon Medley*	1 <p style="text-align: center;"><b>Closed for New Year's Day</b></p>		
Blaisdell Center Closed				

**FOR YOUR SAFETY:**

The Los Angeles County Department of Aging & Disabilities prohibits any removal of perishable food or beverages from the lunch site. Consuming food or beverages that have not been kept at proper heating and cooling temperatures can be harmful to your health. Food Service Standard Operating Procedures (Policy: D2.C-29).

**First come, first served. Outdoor seating provided by request.**

**JOSLYN CENTER**

**Serves promptly at 11:30 a.m.**

660 N. Mountain Ave. • Mon – Fri, 9 a.m. - 5 p.m.  
 (909) 399-5488 • www.claremontca.org

**BLAISDELL COMMUNITY CENTER**

**Serves promptly at 12:00 p.m.**

440 S. College Ave • Mon - Fri, 10 a.m. - 2 p.m.  
 (909) 399-5367

This program is funded, in part, by the Los Angeles County Area Agency on Aging.



**SUGGESTED DONATION \$2 (SENIORS 60+) • \$4 MANDATORY FEE FOR GUESTS OF SENIORS (LIMITED)**

**Nutritional Guide:** \* Vitamin C Source, \*\* Vitamin A Source, \*\*\* Vitamin A&C Source, + High Sodium

SENIOR PROGRAM ACTIVITIES

# December 2024



CLAREMONT  
SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Mah Jongg	8:00 Walking Group (Shelton Park)	9:00 Writer's Group*	8:00 Walking Group (Indian Hill Trail-head)	9:00 Art Group
9:00 Chess for Fun	9:00 Hope Partners Food Pantry	9:15 Intermediate. Line Dance**	10:00 Joslyn Jammers*	9:35 Chair Exercise (H)
9:35 Chair Exercise (H)*	10:00 Qigong*	9:35 Chair Exercise (H)	10:00 Puzzle Exchange (1st)	10:30 War & Existentialism Book Club (1 <sup>st</sup> )
10:30 Gentle Yoga**	10:00 Journaling Nature (1st, 3rd, 5th)**	10:30 Beg. Line Dance**	11:00 Chair Yoga & Mindfulness	11:00 Gentle Yoga (H)
1:00 Mac Users Group (2 <sup>nd</sup> )	10:30 Arthritis Exercise**	11:30 Resource Talk (3rd)	12:30 Duplicate Bridge (except 3 <sup>rd</sup> )	12:00 Overeaters Anon.
4:00 Bike Group Meeting (3 <sup>rd</sup> )	11:00 Overeaters Anon.	12:00 Resource Talk (3rd) (B)	1:00 L.A. Regional Senior Food Bank (2 <sup>nd</sup> )	12:30 Beginner's Tap Dance**
6:00 Survivors of Suicide Loss (2 <sup>nd</sup> & 4 <sup>th</sup> ) (H)	12:00 Pinochle	12:30 Tierra Del Sol Art Workshops(2nd)**	1:30 Reading About Money (1st)	12:30 Movie Matinee (2nd)
	1:00 Bridge	1:00 Bridge	3:15 Bereavement Support (Eucalyptus)	12:30 Movie Matinee (4th) (B)
	2:00 Knitting with Care			1:00 Claremont Senior Computer Workshop

All activities are located at the Joslyn Center unless otherwise noted. Please refer to the Claremont Human Services Recreation Brochure for complete details. Register online at [www.claremontrec.com](http://www.claremontrec.com)

(B) Blaisdell, (H) Hughes Center, (LP) Larkin Park, (YAC) Youth Activity Center, \* Waitlist, \*\* Registration Required

## SATURDAY

10:00 Parkinson's  
Explorers (2<sup>nd</sup>) (H)

## SUNDAY

3:00 Pétanque (LP)

### SPECIAL EVENTS & WORKSHOPS

#### Holiday Karaoke & Refreshments - Revisiting Memories Series

Join us for a walk down memory lane! Revisiting Memories is a free four week workshop focused on reminiscing about treasured memories, sharing stories with friends, and reliving the joy of past experiences. Claremont College students will be leading a memory inspired activity that invites participants to explore, reminisce, and share while fostering a sense of community with fellow participants.

In this workshop, participants will get into the holiday spirit with karaoke and festive refreshments. Sing your favorite holiday classics, enjoy holiday mocktails, and celebrate with friends! Join us from 4:00p.m. - 5:00p.m. on Tuesday, December 3 at the Joslyn Center! Pre-registration is required.

Ages 55+    Tues 12/3    4:00 p.m. - 5:00 p.m.    FREE

#### Tierra Del Sol Art Workshops

Join the fun! This drop-in activity is hosted by members of the Claremont Gerontology Association. Location: Blaisdell Community Center. Both experienced and first-time artists are invited to participate in these one- day workshops, where different art techniques and mediums are explored each session. **\*A \$10 materials fee (cash or check) is due to the instructor at the time of the workshop. Pre-registration is required. Location: Joslyn Center.**

Ages 55+    Wed 12/11    12:30 p.m. - 2:30 p.m.    \*\$10 fee

#### L.A. County Regional Food Bank

The Los Angeles Regional Food Bank invites seniors to participate in the Commodity Supplemental Food Program! Participants may receive a free food kit once a month. This food kit is prepared with specific nutritional needs in mind, such as grains, canned fruits and vegetables, dry milk and related products, cereals and other grain products, plus much more! Participants must be LA County residents 60 years or older (must bring identification with date of birth). Location: Larkin Park

Ages 60+    2nd Thur    1:00 p.m. - 2:30 p.m.    FREE

#### JOSLYN CENTER

660 N. Mountain Ave.

Mon. - Fri., 9 a.m. - 5 p.m.

(909) 399-5488

#### BLAISDELL

#### COMMUNITY CENTER

440 S. College Ave.

Mon. - Fri., 10 a.m. - 2 p.m.

(909) 399-5367

#### ALEXANDER HUGHES COMMUNITY CENTER

1700 Danbury Rd.

Mon. - Thurs., 9 a.m. - 9 p.m..

Fri., 9 a.m. - 6 p.m.,

Sat., 9 a.m. - 2 p.m.

(909) 399-5490

[www.claremontca.org](http://www.claremontca.org)