











SENIOR NUTRITION PROGRAM

# January 2025



CLAREMONT SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p><b>Closed for New Years</b></p>	<p>2</p> <p><b>BEEF FAJITAS</b> Pinto Beans Brown Rice Spinach Salad w/ Radish** Flour Tortilla Orange*</p>	<p>3</p> <p><b>TUNA SANDWICH ON WHOLE GRAIN BREAD</b> Split Pea Soup Slice of Lettuce &amp; Tomato Carrot Raisin Salad** Pineapple &amp; Mango* </p>
<p>6</p> <p><b>BEEF STRIPS W/ MUSHROOM SAUCE &amp; WHOLE GRAIN PASTA</b> Corn Chowder Steamed Spinach** Green Salad w/ Tomatoes &amp; Peppers Strawberries* </p>	<p>7</p> <p><b>LEMON PEPPER CHICKEN</b> Cauliflower* Marinated Cucumber Salad Whole Grain Bread or Roll Banana Oatmeal Cookie</p>	<p>8</p> <p><b>BEEF &amp; TURKEY TACO SALAD</b> Pinto Beans Cabbage* &amp; Lettuce Salad Whole Grain Bread or Roll Tortilla Chips Peaches or Nectarines</p> <p>Joslyn Center's Birthdays </p>	<p>9</p> <p><b>BBQ CHICKEN</b> Barley Pilaf Baked Yams** Mixed Iceberg &amp; Romaine Salad Cornbread Kiwi*</p>	<p>10</p> <p><b>BAKED FISH VERACRUZ OR SWEET &amp; SOUR PORK</b> Broccoli* Brown Rice Spinach Salad w/ Mushrooms** Tangerine*</p>
<p>13</p> <p><b>CHICKEN CURRY</b> Winter Squash** White Rice Asian Cucumber Salad Whole Grain Bread or Roll Pear Orange Juice*</p>	<p>14</p> <p><b>BEEF SWEDISH MEATBALLS</b> Green Peas Whole Grain Noodles Romaine, Celery and Carrot** Salad Kiwi*</p>	<p>15</p> <p><b>CHICKEN CHIPOTLE</b> Cream of Broccoli Soup Cauliflower** Brown Rice Mixed Green Salad Banana </p>	<p>16</p> <p><b>BEEF LASAGNA W/ WHOLE GRAIN NOODLES</b> Carrots** Creamy Coleslaw* Peaches Assorted Gelatin Cups</p> <p>Blaisdell Center's Birthdays </p>	<p>17</p> <p><b>BAKED FISH W/ CRUMB TOPPING</b> Harvard Beets Barley Pilaf Marinated Bean Salad Orange*</p>
<p>20</p> <p><b>Closed for Martin Luther King Jr. Day</b></p>	<p>21</p> <p><b>SOFT CHICKEN TACO</b> Butternut Squash Soup Pinto Beans Brown Rice Lettuce and Tomato Garnish Flour Tortilla Mandarin Orange* </p>	<p>22</p> <p><b>HOT ROAST BEEF</b> Mashed Potatoes* Marinated Beet Salad Whole Grain Bread Applesauce or Watermelon Chef's Choice Pudding</p>	<p>23</p> <p><b>CRISPY CHICKEN</b> Cabbage Soup Broccoli*** Spring Mix Salad Whole Grain Bread or Roll Banana </p>	<p>24</p> <p><b>BAKED FISH OR PORK CARNITAS</b> Baked Fresh Yams** Cilantro Brown Rice Pineapple &amp; Mango*</p>
<p>27</p> <p><b>CHICKEN DIVAN</b> Brown Rice Green Beans Spinach Salad w/ Mandarin Oranges*** Peach or Pear Yellow Cake w/ Whip Topping</p>	<p>28</p> <p><b>BEEF &amp; TURKEY MEATLOAF</b> Mashed Potatoes* Romaine &amp; Iceberg w/ Cucumbers Whole Grain Bread or Roll Pineapple &amp; Mango*</p>	<p>29</p> <p><b>CHICKEN PARMESAN</b> Cream of Mushroom Soup Whole Grain Spaghetti Winter Squash** Broccoli Slaw* Sourdough Bread Banana </p>	<p>30</p> <p><b>BEEF &amp; TURKEY STUFFED BELL PEPPER</b> Carrots** Mesclun Salad Whole Grain Bread or Roll Cantaloupe*** or Tangerine*</p>	<p>31</p> <p><b>BREADED FISH OR VEGETARIAN LASAGNA</b> Cauliflower &amp; Green Peas Caesar Salad Whole Grain Roll Mandarin Orange*</p>

**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 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 at 12:00 p.m. • 440 S. College Ave  
Mon-Fri, 10 a.m. - 2 p.m. • (909) 399-5367

*Low-fat milk or soy milk served with each meal.*

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

# January 2025



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)*	9:30 Sound Healing**	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 Qigong*	10:30 Line Dance**	12:30 Duplicate Bridge (except 3 <sup>rd</sup> )	11:00 Gentle Yoga (H)**
1:00 Mac Users Group (2 <sup>nd</sup> )	10:00 Journaling Nature (1st, 3rd, 5th)**	11:30 Resource Talk (3rd)	1:00 L.A. Regional Senior Food Bank (2 <sup>nd</sup> )	12:00 Overeaters Anon.
4:00 Bike Group Meeting (3 <sup>rd</sup> )	10:30 Arthritis Exercise**	12:00 Resource Talk (3rd) (B)	1:30 Reading About Money (1st)	12:30 Beginner's Tap Dance**
6:00 Survivors of Suicide Loss (2 <sup>nd</sup> & 4 <sup>th</sup> ) (H)	11:00 Overeaters Anon.	12:30 Tierra Del Sol Art Workshops(2nd & 4th)**	3:15 Bereavement Support (Eucalyptus)	12:30 Movie Matinee (2nd)
	12:30 Pinochle	1:00 Bridge		12:30 Movie Matinee (4th) (B)
	1:00 Bridge	4:00 Creativity Club**		1:00 Claremont Senior Computer Workshop
	2:00 Knitting with Care			3:30 Joslyn Dance Club**

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

#### Sound Healing

In this class, the instructor will lead participants in sound healing (utilizing 7 chakra-tuned Crystal singing bowls) paired with guided breathwork. Sound healing has been shown to improve well-being and sleep and alleviate anxiety, stress, and physical pain.  
Instructor: Anamaria De La Cruz. **Pre-registration is required. All fee's must be paid before attending the class.**

*Ages 55+                      Tues 1/7 - 1/28                      9:30 a.m. - 10:15 a.m.                      \$111 Resident / \$116 Non-resident Fee*

#### AARP Smart Driver—Two-Day Course

This classroom-based defensive driving course is designed for persons 50 and older who are seeking to sharpen their driving skills. By taking this course, individuals, will learn the current rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today's environment. After eight hours of instruction, a DMV certificate will be issued entitling participants to a discount on their automobile insurance **Materials fee: \$25 (\$20 for AARP members) in cash or check due to the instructor on the first day of class. Location: Alexander Hughes Community Center, 1700 Danbury Road.**

*Ages 50+                      Mon 1/13 - Tues 1/14                      9:30 a.m. - 1:30 p.m.                      \$25 (\$20 for AARP members) Fee*

#### Therapeutic Community Garden Visit

Visit the recently reopened Therapeutic Community Garden. A Tri-City Representative will guide you on a garden tour with a focus on mindfulness practices to use in the natural space. A similarly focused activity will also be done in the shade. Transportation services will be booked to bring participants to the garden from the Joslyn Center.

*Ages 55+                      Thur 1/30                      10:00 a.m. - 1:00 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)