

In memoriam – Beverly Spragno – Jo Marsh
SENIOR CITIZEN ASSOCIATION OF CALIFORNIA CITY
NEWSLETTER
MABLE DAVIS SENIOR CENTER
10221 HEATHER, CAL CITY, 93505
(760) 373-1006

Office Hours 10:00am – 2:00pm Mon thru Fri (except Holidays)

VOLUME 14

SEPTEMBER 2009

NUMBER 9

ACTIVITIES AND CLASSES

Lunch served 12 noon Monday thru Friday (except holidays)

Bingo - Friday at 1:00PM

BIRTHDAY PARTY - 3rd Wednesday of the month

BOARD MEETING - 4th Wednesday of the month – 12:45PM

Cards - Most any day

Cribbage - Wednesday morning 10:00AM until lunch

HOT LUNCHESES...PROVIDED BY KERN CO. DAILY AT 12 PM (EXCEPT WEEKENDS and HOLIDAYS). LUNCH FOR SENIORS 60 YEARS AND OLDER, DONATION \$2.00. IF EITHER SPOUSE IS OVER 60 BOTH QUALIFY. FOR PERSONS UNDER 60, THE COST IS \$5.00. RESERVATIONS REQUIRED. RESERVATION MUST BE MADE BEFORE 1:00 PM THE DAY BEFORE – RESERVATIONS CLOSE AT 1:00PM. NUTRITION SERVICES FOR ELIGIBLE SENIORS WILL NOT BE DENIED FOR FAILURE TO MAKE A DONATION.

Information - Monday - Friday - 10:00AM until 2:00PM

Line Dancing - Tuesday – Community Center - 9:00AM - CONTACT Coral at 373 2450 or Brenda at 373-3530 for time.

Scrabble and Cribbage - CONTACT Sara Hamel at 373 4783

Tap Dancing – Thursday 9:00am – 10:am

Trips and Excursions - Call for dates and times

Every day activities include pool, cards, watch large screen TV in the lounge, horseshoes, shuffle board.

Mahjongg – Wednesday after lunch

Hand & Foot Canasta – Tuesday at 12:30pm

OFFICERS

President – Gerald Moseley

Vice President – Ed Haas

Secretary –Ruth Settles

Treasurer –Pat Moseley

News Letter Editors - Pat & Gerald Moseley - 373 4158 NOTE; Information published in this newsletter is thought to be reliable at the time of publication. However, we don't guarantee the accuracy nor the content of the information presented.

SEPTEMBER 2009 CALENDAR

	<p>(1) Tuesday Line Dancing – Community Center – Call Coral 373 2450 or Brenda at 373-3530 10 am –Bowling 10 am Hand & Foot (canasta) 12:30pm</p>	<p>(2) Wednesday Cribbage - 10:00am Adult Exercise Class - 8:30 – 9:30am Mahjongg – after lunch Knitting & Crochet After lunch</p>	<p>(3) Thursday Tap Dancing 9:10am Community Center</p>	<p>(4) Friday BINGO 1:00pm Adult Exercise Class – 8:30 – 9:30am Bridge – 1:00pm Hall Ambulance Blood pressure – 10:30:am-12 noon</p>
<p>(7)Monday Adult Exercise Class - 8:30 – 9:30am</p>	<p>(8) Tuesday Line Dancing – Community Center – Call Coral 373 2450 or Brenda at 373-3530 10 am –Bowling 10 am Hand & Foot (canasta) 12:30pm</p>	<p>(9) Wednesday Cribbage - 10:00am Adult Exercise Class - 8:30 – 9:30am Mahjongg – after lunch Knitting & Crochet After lunch 9:45 – 10:</p>	<p>(10) Thursday Tap Dancing 9:10am Community Center</p>	<p>(11) Friday BINGO 1:00pm Adult Exercise Class – 8:30 – 9:30am Bridge – 1:00pm</p>
<p>(14) Monday Adult Exercise Class – 8:30 – 9:30am</p>	<p>(15) Tuesday Line Dancing – Community Center – Call Coral 373-2450 or Brenda at 373-3530 9 –10 am <i>Bowling 10 am</i> Hand & Foot (canasta) 12:30pm Valley Care Givers food handling Safety course 3:00-5:00pm</p>	<p>(16) BIRTHDAY “HAWAIIAN THEME” Wednesday Cribbage – 10:00am Adult Exercise Class – 8:30 – 9:30am Mahjongg – after lunch Knitting & Crochet After lunch Presentation by the Fire Department</p>	<p>(17) Thursday Tap Dancing 9:10am Community Center</p>	<p>(18) Friday BINGO 1:00pm Adult Exercise Class - 8:30 – 9:30am Bridge – 1:00pm Hall Ambulance Blood pressure – 10:30:am-12 noon</p>
<p>(21) Monday Adult Exercise Class – 8:30 – 9:30am WATER EXERCISE 9:45 – 10:45am</p>	<p>(22) Tuesday Line Dancing – Community Center – Call Coral 373-2450 or Brenda at 373-3530 9 –10 am Bowling 10 am Hand & Foot (canasta) 12:30pm</p>	<p>(23) BOARD MEETS Cribbage – 10:00am Adult Exercise Class – 8:30 – 9:30am Mahjongg – after lunch Knitting & Crochet After lunch WATER EXERCISE 9:45 – 10:45am</p>	<p>(24) Thursday Tap Dancing 9:10am Community Center FOLD NEWSLETTER 10:30 AM</p>	<p>(25) Friday BINGO 1:00pm Adult Exercise Class - 8:30 – 9:30am Bridge – 1:00pm</p>
<p>(28) Monday Adult Exercise Class – 8:30 – 9:30am</p>	<p>(29) Tuesday Line Dancing – Community Center – Call Coral 373-2450 or Brenda at 373-3530 9 –10 am Bowling 10 am Hand & Foot (canasta) 12:30pm</p>	<p>(30) Cribbage – 10:00am Adult Exercise Class – 8:30 – 9:30am Mahjongg – after lunch Knitting & Crochet After lunch</p>		

**INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE? CALL HICAP
 at 1-800-434-0222 – ask for Yolanda Prado or one of her associates.**

LUNCH RESERVATIONS

To make lunch reservations – Call 373-4585 (answering machine in kitchen which is checked by Rosamond) or 661-256-0557 (Rosamond). When you call the California City Senior Center and get the answering machine, it is not checked in time for the reservation to be made in Rosamond. If you get a person to answer the phone in California City, he or she will make the reservation for you. **REMEMBER, THE ANSWERING MACHINE FOR PHONE 373-1006 (Senior Center Office) WILL PROBABLY RESULT IN YOU NOT GETTING LUNCH.**

Sara Hamel does the “Birthday Cards”.
Thanks.

Due to space limitations, Please, 1 guest per honoree at the Birthday Table. Additional guests are very welcome in the general dining area.

Seniors having Birthdays in September are Millie Ampah Dora Andrews, Letitia Barreuther, Mary Blocher, Veryl Butterfield, Delores Cano, Joseph Chiapuzzi, Duane Christensen, Maria DeGozman, Caroline Gibbs, Arthur Gibson, Sue Griffen, Patricia Grimshaw, Joseph Haas, Stephen Harnos, Albert Jefferson, Ricky Ray Jewell, Cheryl Kaupp, Robert Kennedy, Hoover Lavendar, Fred Lucas, Sandra McDaniel, Lana Morgan, Patricia Moseley, Crisena Ocegüera, Charles Providencia, Patricia Smith and Janet Whitmore.

The Honorees at the August Party were Thelma Metzger, Buford Land, Patricia Gorden, Michael Kaupp, Marvin Brown, and Rosalio Luevano.

August Party was hosted by Mary Edmiston and Lorryne Balsitis and Arlene Bokelman

If you are one of the Birthday Honorees, please indicate that when making your reservation.

REMEMBER – space is limited, so sign up early. **IF YOU PLAN TO ATTEND, PLEASE GIVE US SOME ADVANCE NOTICE SO THAT WE CAN PREPARE FOR YOU**

The September party will be hosted by Dee Sutherland and Pat Gorden. The theme is Hawaiian. Dress in your Island favorites

The October Party Hostess will be Margaret Ward and Zelda Skretvedt.

REMEMBER Bingo every Friday – Mahjongg on Wednesday.

THE MAIL ROOM NEEDS HELP

Some of us Seniors assist the City by preparing their outgoing mail. Only takes a few minutes one day a week. The side benefits are that you get acquainted with the City Staff and find out that they are really nice people. See Gerald or Ed.

THE CENTER NEEDS VOLUNTEERS – CHECK AT THE OFFICE

Al Hirth is now in charge of our recyclables
Thanks Al

THIRD WEDNESDAY BIRTHDAY PARTY (EARLY RESERVATIONS A MUST

BOARD MEETING

NEW BUSINESS THAT YOU WISH THE BOARD TO CONSIDER SHOULD BE SUBMITTED TO THE SECRETARY, RUTH SETTLES BY THE 2ND WEDNESDAY OF THE MONTH

CANASTA (HAND & FOOT)
TUESDAYS AT 12:30PM

GRANDPARENTS DAY SEPTEMBER 13
PIZZA
AT THE CENTER

Doors open 2:00PM – eat at 4:00pm
Cost \$5.00 ea – Buy your ticket at the

Senior Center **NO LATER THAN FRIDAY**

maybe some Mexican Train. You name it.

SEPT. 11

BYOB

We will play cards, the nickel game and

COMMODITIES FOOD BANK DISTRIBUTION – September 5, 2009, –9:00AM

NEW LIFE ASSEMBLY OF GOD, 21924 CALHOUN DRIVE

SALVATION ARMY

8525 Calif. City Blvd.

FRESH RESCUE (Surplus Food Distribution)

Mon.. & Thur. at 10am

We accept donations

HALL AMBULANCE

will be at the Center on Friday, September 4 and September t 18 at 10:30am (calls permitting) to check blood pressures, etc. If your blood pressure needs monitoring, come get it checked.

From Parks & Rec

Parks and Rec has notified us of the following activities that might be of interest to seniors:

TLC – Is offering both day trips and overnight trips. There is a schedule in the Senior Center office or you may call them at 661 722 3113.

The California City Parks & Recreation

ADULT EXERCISE

Classes will be held every

Mon Wed Fri

\$15.00 Month

This class is perfect for Seniors and persons with limited movement or those who have not been exercising but would like to begin. Men and women welcome. Marianne Strader instructor

Classes held in Community Center – for more information, call

373-3530

IT IS HOT – HOT – HOT - HOT

And it is going to get **HOTTER**. If you need shelter from the heat, the lobby of the California City Police Department is open 24 hours a day, seven days a week. It has comfortable couches and chairs and good lighting. So if you need respite from the heat, the cold or just your mother-in-law, the PD Lobby is always available.

INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants

BEGINNING ADULT Tap Class**Begins Thurs. Sept 3rd****9-10am at the Community Center****Sign up sheet at the Senior Center or call the Rec Dept at 373-3530 or****Dee Sutherland at 1-940 736 7777****FLU SHOTS****Standard, garden variety,****1 shot Oct 15, 9:00am – 11:00am.****Cost is not finalized yet but should be about \$2.00****SWINE FLU****Requires two (2) shots in series.****1st shot Nov 19, 9:00am to 11:00am****and 2nd Dec 17, 9:00am to 11:00am.****You have to have both, in series. Can't miss either one.****Cost has not been finalized**

Sept. Birthdays Party will be an Hawaiian Adventure with Fun, Prizes and Entertainment. Wear your favorite Hawaiian shirt or Dress. Hosted by Dee & Pat

Don't forget to sign up for adult Tap class to be held on Thursdays at 9am at the Comm. Center Beg. Sept. 3rd Dee the Instructor says it's Easy, Fun & Good Exercise! Leave your name & number at the Center or call Dee at (940) 736-7777 for more info

THE FIRE DEPARTMENT WILL GIVE A PRESENTATION

If your dog is barking at the back door and your wife is yelling at the front door, who do you let in first?

The dog, of course. He'll shut up once you let him in.

INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants

Why do men die before their wives?
They want to.

**INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE
PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants**

SPONSORS PAGE

Avon

Jo Marsh
Avon Representative
Beauty Consultant
Email: LandJ@ccis.com
HM: 760-373-3064



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- One Time or Regular Schedule
- Free Estimating



Phone: **661.202.0746**

CHARLIE'S MINI STORAGE

At Calif. City Airport

Call ROSE at

760- 373- 4353

ACE
CITY HARDWARE
HOME & RENTAL CENTER

7594 California City Blvd.
California City, CA 93505
(760) 373-1116
Fax: (760) 373-3307
cityhardware@ccis.com

BILL SMITH
OWNER

Valley
Caregiver

Resource
Center



Chris Barrett
Family Consultant

800.541.8614
661.821.1626 office
661.821.1726 fax
e-mail: cbarrett@valleycrc.org
25101 Bear Valley Road PMB #60
Tehachapi, CA 93561

Support for Family Caregivers

**MOJAVE
DESERT BANK**

SANDRA STEWART
Operations Officer

8116 California City Blvd. Ste #101 • California City, CA 93505
(760) 373-2326 • FAX (760) 373-8126
www.mojavedesertbank.com

California City
Internet Inc.

Mark & Tammy Ross
mark@ccis.com
tammy@ccis.com

(760) 373-5707
8018 California City Blvd. #4
California City, CA 93505

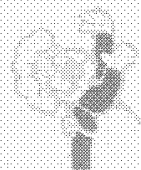
CALIFORNIA CITY
COMMUNITY CLUB
DEDICATED TO
COMMUNITY SUPPORT

Alverdia McMillin
Member Service Manager - California City

AltaOne
FEDERAL CREDIT UNION


9601 California City Blvd.
P.O. Box 2668
California City, CA 93504
(760) 373-8472 or
(800) 453-9727

fax: (760) 373-8476
email: amcmillin@altaone.net
web site: www.AltaOne.org



"We Took 'em,
They're Awesome!"
PIZZA FACTORY


The Smith Family
Catering Available • (760) 373-2224
8056 California City Blvd. • California City, CA 93505



Elenita Perez
Executive Director

Antelope Valley
Retirement Manor

44523 N. 15th St. West
Lancaster, CA 93534
Phone: (661) 949-5584
Fax: (661) 949-5807
www.avretirementmanor.com
elenper8@yahoo.com


License Number 191200705

OPTIMIST CLUB

Optimist Club focuses on helping the youth of California City. We have been contributing refurbished computers to Hacienda School, providing books for its Library, starting a Junior Optimist club which teaches leadership skills, conducting an essay contest to further their writing skills, and other projects to support education, respect for law, patriotism, civic service and caring for other individuals.

California City Optimist Club meets every second Monday of the month at Chuck's Pizza at 7101 California City Blvd. at 5:30 pm.

Everyone is invited to attend to see what we do and how you might help and/or become a part of an active, beneficial and fun group of people.

REMEMBER Bingo every Friday

Line Dancing Tuesday – 9:00am – 10am at the Community Center. Call Coral 373-2450 or Brenda at 373-3530

For more information on any of the above activities please call 760-373-3530.

INSURANCE QUESTIONS OR PROBLEMS? QUESTIONS ABOUT MEDICARE OR MEDICARE PART D? CALL HICAP AT 1-800-434-0222 – ask for Yolanda Prado or one of her assistants

BOWLING

THE BOWLING GAMES ARE ON Tuesday at 10:am. Come join the fun

WINTER BOWLING LEAGUE is ready to start again. Please fill out the survey and give it to Gerald Zingler or turn it in at the Center.

GERALD ZINGLER would like to set up a Skip-Bo tournament. It would take place after lunch, starting at 1:00pm and go to ????. The day will have to be decided. There is a sign up sheet at the center.

**CHECK THE BULLETIN BOARD AT
THE SENIOR CENTER
CHECK THE POSTINGS IN THE
LOBBY**

**FOR UPCOMING EVENTS, CLASSES, ETC
THAT MIGHT BE SCHEDULED
THERE ARE ALSO MANY FLYERS,
BULLETINS AND BROCHURES IN THE
LOBBY CONTAINING INFORMATION THAT
IS OF INTEREST TO THE SENIORS OF
OUR COMMUNITY**

**SENIOR CITIZENS ASSOCIATION
NEWSLETTER**

is available on line. If you would prefer to have it sent to you by E Mail, just get your

E Mail address to Gerald. This would save the Center some postage.

PLEASE, IF YOU EMPTY A COFFEE POT AND DO NOT MAKE MORE COFFEE, TURN THE COFFEE POT OFF.

If you make a fresh pot, be sure to use only one (1) filter paper and do not use more water than is indicated on the container. Improper procedure makes one hell uv a mess.

Mahjongg

Has started meeting at the Senior Center. They meet Wednesday after lunch – anyone interested is invited to join this group

If you like to knit, crochet, etc, there are some ladies there on Wednesdays doing crafts.

The Board of Directors has decided to make the Center available for some events on a rental basis. \$100 rent per event plus a refundable \$75 cleaning deposit. This will be as approved by the executive committee.

Ed Haas, Vice Pres. is program coordinator who is responsible for all programs and events. Bring your ideas to Ed and see if we can get more activity at the Center.

THE SENIOR CENTER

needs your help. Every thing that is done around this place (with exception of food preparation) is done by volunteers. Step up and help out just a little bit. An example, the dishwashing takes only a few

minutes. (Just rinse them off and stick them in the machine, take them out and stack them) and can be performed by a woman as well as by a man. “Just go ahead and help out.” It is your Center, be INVOLVED.

The Bingo Game needs callers. Many other chores need doing, office, tables, etc.

The Mable Davis Senior Center is for the use and enjoyment of the Seniors of the Community. **USE IT!!!!**

PLEASE – PLEASE

Be CONSIDERATE enough to make your reservations properly for lunch (or to **cancel** if you can not attend.) It is hard to prepare meals properly if you don't know how many will attend.

DO YOU WANT TO PLAY CARDS, DONINOS OR WHATEVER IN THE EVENING? IF YOU ARE INTERESTED, TALK TO ED AND SEE WHAT YOU CAN ARRANGE.

Do you know one of our Seniors who is sick, or has passed on? Kitty VonRossbach (Sunshine Committee) would like to know so that she can send out the Get Well and Condolence Cards. We are all concerned about the health and well being of our fellow seniors. Call Kitty at

373-7419

BOYS & GIRLS CLUB OF ANTELOPE VALLEY

meets 12-6:00pm weekdays at R P U Elementary School. Kindergarten thru Middle School. There is a need for adults to help. Teach these kids to read, do Arts & Crafts, play card games. Come share your gifts and talents. Just an adult

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presence is needed. Call Andrew at 661 361 0844 for particulars and/or to sign up. One hour a week, 2 hours or whatever time you can spare.

August 31 (Monday) Mary will be decorating for September. The theme is Luau. Come join the fun. 10:00 or maybe 10:30 in the morning. You might even wear your grass skirt.

Mary Edmiston (who is in the office on Mondays) has volunteered to do the dining room decorations. She will probably be doing this on the 1st Monday of the month. I am sure that any volunteers that wish to help will be more than welcome. Many thanks to these ladies.

There are several committee positions that are open. Volunteers would be very welcome. And, we will be coming around asking you to participate. We will need the help of all the members to make the center a going benefit to and for the seniors of this community.. Bring your ideas to Gerald and/or Ed and let us talk about it and see if we accomplish it.

WEDNESDAYS – KNITTING AND CROCHET AFTER LUNCH

BOWLING

WINTER BOWLING LEAGUE is ready to start again. Please fill out the survey and give it to Gerald Zingler or turn it in at the Center.

SKIP-BO

GERALD ZINGLER would like to set up a Skip-Bo tournament. It would take place after lunch, starting at 1:00pm and go to ????. The day will have to be decided. There is a sign up sheet at the center.

GRANDPARENTS DAY SEPTEMBER 13

PIZZA

AT THE CENTER

Doors open 2:00PM – eat at 4:00pm

Cost \$5.00 ea – Buy your ticket at the Senior Center NO LATER THAN FRIDAY SEPT. 11

BYOB

We will play cards, the nickel game and maybe some Mexican Train. You name it.

Why is a Laundromat a really bad place to pick up a woman?
Because a woman who can't even afford a washing machine will probably never be able to support you.

Scientists have discovered a food that diminishes a woman's sex drive by 90%.

It's called a Wedding Cake.

Women will never be equal to men
until they can walk down the street with a bald head
and a beer gut, and still think they are sexy.

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INFO PAGE

YANA

- THIS IS A PROGRAM BY OUR POLICE DEPARTMENT THAT IS TO ASSIST PERSONS LIVING ALONE WHO MIGHT NEED ASSISTANCE. THE POLICE DEPARTMENT DISPATCHER WILL CALL YOU AT THE INTERVAL AND TIME THAT YOU DESIGNATE TO CHECK ON YOUR WELL BEING. IF YOU DO NOT ANSWER THE PHONE, THEY WILL INVESTIGATE WHY. THE FORMS ARE IN THE SENIOR CENTER OFFICE AND AT THE POLICE DEPARTMENT FRONT DESK. IF YOU LIVE ALONE, THIS IS A GOOD PROGRAM TO ASSURE YOUR WELL BEING.

SeniorY.A.N.A. Box Program

“You Are Not Alone –Box” program is designed with the active senior in mind. Many seniors live alone and may have medical issues that could become an emergency, preventing them from calling or being mobile enough to unlock their residential door for emergency personnel to enter and administer aid.

The YANA –Box is simply a secured locked box that has your door key inside. The box is secured to your door and only police and fire personnel will have the combination to get your key. If fire or police personnel need to gain access to your residence to check on your well being or provide emergency medical assistance to you, it is much easier to unlock the door than to damage a door or window in order to give assistance.

Several local businesses have donated funding for the purchase of the lock boxes so the seniors are burden with the cost of the lock box.

The California City Police Department is committed to safeguard the lives and property of the residents of California City, we as a caring community work together for independence and security in our everyday life styles.

Contact the Police Department if you wish to participate in this program.

Our Police/Fire Departments arranged donations from individuals and the Business Community to cover the cost of these boxes.

Emergency Response System

Response Link is a company that provides the same services as Life Alert and Life line. It is an Emergency Response System that the customer activates when he/she finds themselves in an emergency. After the system is activated, an operator will respond in less than 1 minute (usually around 20 – 30- seconds). Then either an emergency contact is called for the customer or emergency services. There are other programs that Response Link offers at a higher month fee, such as medication reminders and daily check up calls.

\$30 monthly fee

No installation fee (No coupon required)

No deposit

No Credit Checks

Be sure and mention that you were referred by Kern County Aging & Adult Services

1 800 894 1428

INFORMATION AND REFERRAL SERVICES

Judy Rowley is pleased to announce that she is now a volunteer with County of Kern, Aging and Adult Services Department INFORMATION AND REFERRAL SERVICES. She can be reached at

Office/Fax (760) 762 5707

www.kern.co.us/aas/

2717 Twenty Mule Team Rd

Boron, CA 93516

MEDICAL BASELINE PROGRAM may get you a discount on your gas and/or electric bill. Talk to Judy Rowley.

Government Benefits

Internet users go to www.GovBenefits.gov -- the official benefits Web site of the U.S. Government, provides citizens the fastest and most accurate information on more than 1,000 Federal and State administered programs they may be eligible to receive. To

date, GovBenefits.gov has guided more the 5.89 million people to the help they need for things such as housing, education, food/nutrition, healthcare, disaster relief and more.

COUNTY OF KERN VETERANS SERVICE DEPARTMENT

Serving Veterans, their Dependents and Survivors

The Board of Supervisors of Kern County established the Veterans Service Department in 1944 to assist veterans, their dependents and survivors in obtaining benefits and entitlements available through federal, state and local agencies administrating programs for veterans.

Every veteran, dependent or survivor is encouraged to visit an office to have a VA benefit update by Veterans Service Representative. Call 1 661 888 7300 for more info.-

COMMODITIES (FOOD BANK)

Community Action Partnership

Distribution is at the New Life Assembly of God Church, 21924 CALHOUN DRIVE, on the first Saturday of the month at 9:00

SALVATION ARMY

8525 California City Blvd.

FRESH RESCUE (Surplus Food Distribution)

Mon. & Thur. 10am—12noon (or supplies exhausted)

The EAST KERN BOARD OF REALTORS has established a program to help financially strapped seniors bring their home up to code. If interested, contact Bob Smith at 373-4317

Ok, I could not pass this one up.....

Sex and Sunshine

FACT: 79,000,000 people are engaged in sex right now.

FACT: 58,000,000 are kissing.

FACT: 37,000,000 are relaxing after having sex.

FACT: 1 old timer is reading emails.

You hang in there, Sunshine

Winter Bowling League

We are ready to start up again. Gerald Zindler will set up the game and schedule not only games but hopes to set up tournaments. However, if this is going to work, he needs some help from all of those interested in this activity.

Please fill out this survey and give it to Gerald or turn it in to the office.

The activity is scheduled for Tuesdays. Start date is September 1, 2009.

We need Pin Setters and Score Keepers. Would you be willing to help with these tasks?

I will be happy to be a pin setter _____, a score keeper _____

Suggestions _____

Name _____

Phone # _____

SED Senior Nutrition Program

SEPTEMBER 2009

Reservations/Cancellations – Rosamond – (661) 256-0557
California City – (760) 373-4585

Menus are subject to change without prior notice

Monday	Tuesday	Wednesday	Thursday	Friday
31 Chicken Tenders Green Beans <u>Cantaloupe**</u> Wheat Roll Milk	1 BBQ Pork Sandwich Peas & Carrots** Potato Wedges Apple Juice Wheat Bun Milk	2 Beef Macaroni Peas Tropical Fruit Wheat Roll Milk	3 BBQ Ribletts Spinach Salad** Scalloped Potatoes Ambrosia Salad Juice Rye Bread Milk	4 Chicken Alfredo Lasagna Italian Green Beans Green Salad <u>Mandarin Oranges</u> Garlic Bread Milk
7 LABOR DAY NO MEALS TODAY 	8 Roast Beef Corn Green Salad Banana <u>Juice</u> Wheat roll Milk	9 Cheese Manicotti Spinach** <u>Tomato Salad</u> Apple Garlic Bread Milk	10 Mushroom Chicken California Blend Veg** White Rice Mandarin Oranges Wheat Bread Milk	11 Macaroni & Cheese w/Turkey Ham Broccoli** <u>Honeydew</u> Fruit Yogurt Biscuit Milk
14 Unstuffed Pepper Italian Blend Veg** Parsley Potatoes Pudding <u>Juice</u> Wheat Roll Milk	15 Cheesy Chicken & Vegetables** Green Salad Pears <u>Juice</u> Wheat Roll Milk	CC B-DAY 16 Beef Stroganoff Peas Garden Salad Fruit Jello Wheat Roll Milk	17 Roast Turkey Sweet Potatoes** Stuffing Cobbler <u>Tropical Fruit</u> Milk	18 Chicken Caesar Pasta Salad Cantaloupe** Breadsticks Milk
21 Meat Spaghetti Green Beans Spinach Salad <u>Orange</u> Garlic Bread Milk	22 Egg Scramble Sausage Link Baked Tomato Apricots** Juice Biscuit Milk	COUNTY FAIR 23 Chili Dog Chuckwagon Corn Potato Wedges Watermelon <u>Juice</u> Milk	24 Tamale Pie Spanish Rice Peas Garden Salad Fruit cocktail Juice Milk	B-DAY 25 Lemon Grass Chicken Oriental Veggies** White Rice Coleslaw Cookie Wheat Roll Milk
28 Tuna Salad Sandwich Carrot Raisin Salad** <u>Tomato Bisque Soup</u> Wheat Bread Milk	29 Sunny Chicken Salad Honeydew Melon Wheat Crackers Milk	30 Lasagna Florentine Cal Blend Veggies** <u>Cinnamon Applesauce</u> Garlic Bread Milk	1 Chicken Fried Steak Garden Salad** Mashed Potatoes Strawberry Applesauce Biscuit Milk	2 Beef Stew Zucchini Green Salad Mandarin Oranges Wheat Bread Milk

Note: ** items are a rich source of Vitamin A

Underlined items meet 1/3 of the RDA for Vitamin C

Senior Suggested Donation \$2.00/Non Seniors - \$5.00

Seniors will not be denied service due to inability to make a donation

FLU Fighters

Remember the
THREE C's



Cover

Cover your cough in your arm



Clean

Wash and clean your hands often



Confine

Stay at home if you are ill



For more information call
1(877) 81VIRUS

DEPARTMENT OF
Public Health
AND PUBLIC HEALTH - PUBLIC SAFETY AND

