



VOLUME 3 ISSUE 3

JUNE 2019

Inside this issue:

- Senior Farmers Market
- Annual Dance
- Lunch Menu
- Piano Lessons
- Casino field trip
- Art Lessons
- Personal Protection for Seniors

And more...

Center Hours:

8:15am - 4:15pm
Monday - Friday

Phone Number:

(760) 329-0222

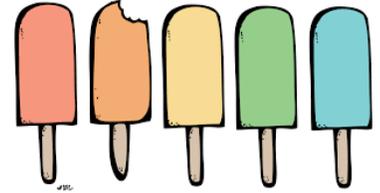
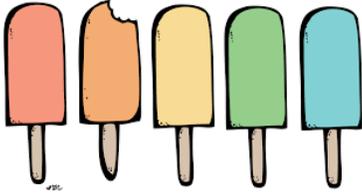
The month of May was unusually cool I hope everyone enjoyed it because it looks like June is going to be hot. Right in time for our Center to activate as a Cooling Center on June 1st, 2019. We are ready with water and snacks to make sure the senior population of Desert Hot Springs stays cool and hydrated this summer. So keep your electric bills low and your amount of fun and excitement extremely high by joining us at the Senior Center. We have lots of activities to keep you occupied this month.



We start out with our monthly field trip to the Spa Casino, followed by our Personal Protection for Seniors course on Monday, June 10th, 2019. On Wednesday, May 12th, 2019 we welcome Stephanie Gray, who will be hosting our first ever facial party, where our seniors will learn the do's and don't of skin care. Be sure to sign up for this one time program as you will not want to miss it. Additionally we have art class and a bereavement group for anyone who might have lost someone near and dear. Our Annual dance "The Great Gatsby" has been rescheduled for Friday, June 28th, 2019 at 1:00pm. So wear your finest and please join us for an afternoon of dancing and merriment. Remember if you have a membership the dance is free. However you are more than welcome to attend the event if you are not a member for a \$5.00 entrance fee. I look forward to seeing you all at the dance and participating in our various programs throughout the month. If you have any comments or questions my door is always open.

Sincerely,

Melanie Lyons, Director



June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 Morning Bites</p> <p>Zumba Gold</p> <p>10:00 Fit After 50</p> <p>11:00 Casino Field Trip (6/3)</p> <p>11:30 Lunch</p> <p>12:30 Personal Protection for Seniors (6/10)</p> <p>1:00 Art (6/24)</p>	<p>8:30 Morning Bites</p> <p>9:00 Senior Advocates (6/11,6/25) <i>Appointment Needed</i></p> <p>10:00 Beginning Tai Chi</p> <p>Learn to Crochet with Shirley</p> <p>11:30 Lunch</p> <p>12:30 Movie-of-the-Week</p> <p>1:00 Pinochle</p> <p>Mah Jongg</p> <p>3:30 Words of Wisdom (6/19)</p>	<p>8:30 Morning Bites</p> <p>Zumba Gold</p> <p>Senior Farmers Market</p> <p>Inland Empire Legal Services (6/19) <i>Appointment Needed</i></p> <p>10:00 Fit After 50</p> <p>Bereavement Support Group (6/5, 6/19)</p> <p>11:30 Lunch</p> <p>12:30 Facial Party (6/12)</p> <p>Ice Cream Social (6/19)</p> <p>1:30 Bingo <i>Early Bird Game:</i> 1:30pm <i>Regular Game: 2:00pm</i></p>	<p>8:30 Morning Bites</p> <p>9:00 Voucher Distribution (6/27)</p> <p>HICAP (6/20) <i>Appointment Needed</i></p> <p>10:00 Learn to Crochet with Shirley</p> <p>Beginning Tai Chi</p> <p>11:30 Lunch</p> <p>1:00 Pinochle</p> <p>2:00 Piano <i>Appointment Needed</i> (6/6, 6/21)</p> <p>2:30 DHSSC Wii Bowling Team Practice</p>	<p>8:30 Morning Bites</p> <p>Zumba Gold <i>(No zumba 6/28)</i></p> <p>10:00 Fit After 50 <i>(No class 6/28)</i></p> <p>11:30 Lunch</p> <p>Father's Day Celebration (6/14)</p> <p>12:00 Rockin Chair Singers Senior Choir <i>(No choir 6/28)</i></p> <p>12:30 Birthday Bash (6/21)</p> <p>1:00 Great Gatsby Dance (6/28)</p> <p>1:30 Bingo <i>Early Bird Game: 1:30pm</i> <i>Regular Game: 2:00pm</i> (6/14)</p>
<p>June MOVIES</p> <p>June 4th <i>Hidden Figures</i> (2016)</p> <p>June 11th <i>The Blind Side</i> (2009)</p> <p>June 18th <i>Dunkirk</i> (2015)</p> <p>June 18th <i>Saving Private Ryan</i> (1998)</p>		<p>Desert Rose Thrift Shoppe</p>  <p>Open Monday, Wednesday, and Friday 8:30am – 1:30pm</p>		 <p>HAPPY FATHER'S DAY</p>

Produce Voucher Distribution



The Riverside County Office on Aging is pleased to announce that we will be starting another exciting year of The **Senior Farmers' Market Nutrition Program (SFMNP)** voucher distribution schedule for 2019. The SFMNP is a 100 percent federally funded program which provides low-income seniors with check booklets that can be used to purchase fresh **fruits, vegetables, cut herbs** and **honey** at Certified Farmers' Markets (CFM). It is \$20.00 voucher/booklet given once a year and the requirements include:

- 1.) **Age certification** (60+ and over),
- 2.) **Income does not exceed 185% of the poverty level (Effective July 1, 2018-June 30, 2019):** 1 Person= \$1,872 2 Persons=\$2,538, \$3 Persons=\$3,204...
- 3.) **Participants have not received the 2019 SFMNP check booklet elsewhere.**
- 4.) **Participant's Signature** as certification that person has received vouchers and information (packet will include: Rights and Responsibilities, Nutrition Education, Nondiscrimination Statement, Riverside County Office on Aging agency information and CFM listings for voucher redemption locations).



Thursday, June 27th, 2019 9:00 am - 11:00 am



Senior Advocates of the Desert

Senior Advocates of the Desert is a 501(c) 3 nonprofit social services organization dedicated to serving low-income seniors age 60 and over living in the Coachella Valley. Senior Advocates was founded so that seniors can make one phone call and be provided the information, assistance and advocacy they need in accessing the benefits to which they are entitled.

We assist seniors with the following programs:

- Social Security Retirement Benefits
- Social Security Disability Benefits
- Medicare
- Medi-Cal
- Supplemental Security Income (SSI)
- In Home Supportive Services (IHSS)
- Veterans Benefits

In addition, we provide information and assistance regarding subsidized senior housing, transportation programs, food stamps, and discount utility programs.

All services are provided free of charge.

For assistance, call **(760) 202-1024**.

Our website is **www.saotd.org**.

**At Desert Hot Springs Senior Center every 2nd and 4th
Tuesday of the month.
Please call the Center or see the front desk for
appointment availability.**



Many of us have lost a love one late in life. In this support group we will discuss — in confidence — our experience of loss and together deal with the grief.

Our facilitator will be *Dr. Robert Whitehead*, of World Wide Compassion.

**Wednesday, June 5th and June 26th,
2019**

10:15am—11:15am

Free

***Desert Hot Springs Senior Center
11-777 West Drive, Desert Hot Springs CA 92240
760-329-0222***



Gary Malerba / AP

Attention Wii Bowling team:

The Pin Pals tournament is in **TWO MONTHS!**
Practice is **EVERY THURSDAY** the **top scores** that have
show the **most consistency attending practice** will be the
players going to the tournament this year. Thank you.

**Practice is every Thursday
2:30pm**



Facial Party

When: Wed

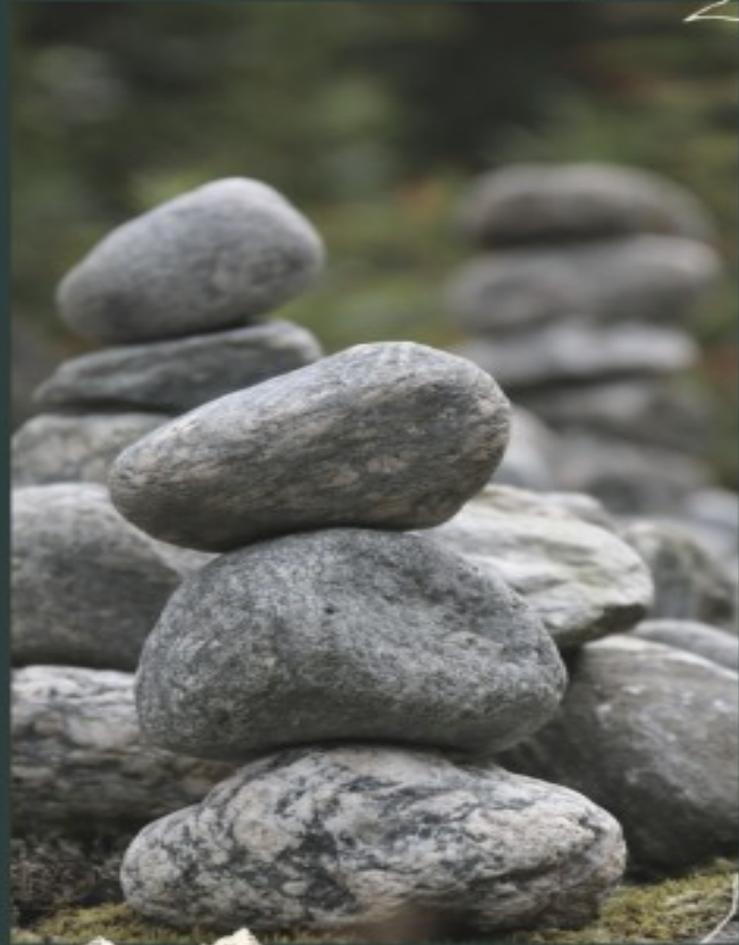
6-12-19

Time:

12:30p.m

Members \$5

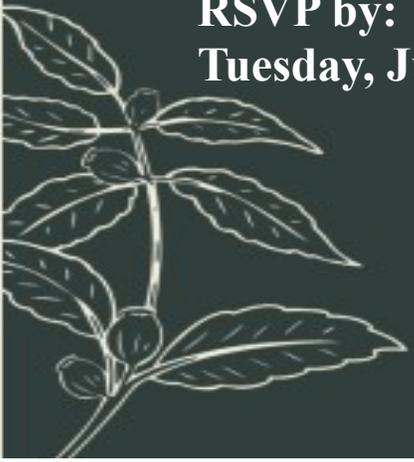
Non-Members \$10



**SIMPLE HOME
REMEDY FACIAL
WORKSHOP TO
KEEP SKIN
LOOKING VIBRANT
ALSO SHARING
INFORMATION ON
SINGLE CELL
ALGAE PRODUCTS**

**AT SENIOR CENTER
DESERT HOT
SPRINGS**

**Space is limited.
RSVP by:
Tuesday, June 11th**



BINGO



Join us for our new and improved bingo and beat the summer heat with some fun. The main game is \$3.00. Seven cards are played 6 of which you have a chance to win a gift basket and the 7th (last card) being the blackout game for a \$10.00 gift card. Each participant gets 1 raffle ticket (one raffle ticket per person). Two raffle tickets are drawn during the game for one of our smaller prizes. Daubers available for purchase for \$1.00. Early bird game available for \$1.00 separate from the main game. Early bird game starts at 12:30pm and main game starts promptly at 1pm.

Wednesdays

Early bird game starts at 12:30pm

Main game starts at 1:00pm



You are invited to attend our Annual Dance:

"The Great Gatsby"

Please join us:

Friday, June 28th, 2019 at 1:00pm

Free for members / \$5.00 for non member

R.S.V.P



Sponsored by:



2019 Nominees



- **Shirley Brodie**
- **Vaughn Fusco**
- **Judy Lloyd**
- **Kathy Kusmitch**
- **Susan Brush**
- **Leea Kasten**



- **Larry Baldwin**
- **Roberto Guerrero**
- **Paul Edge**
- **John O'Malley**
- **Daniel Coward**
- **Richard Wolfenden**

The King and Queen will be announced at the Dance! Congratulations to the 2019 Desert Hot Springs Senior Center Court!



At this free seminar, practical concepts in personal protection will be discussed and demonstrated. Learn about how walking canes and common household objects can be used to protect yourself and your loved ones – in the home, in your car and in public settings – avoiding harm, and, if necessary, responding to and overcoming a threat.

Our instructor is *Andrew Sheldon*, who has 30 years experience in security and law enforcement, and has trained security officers as well as the public.

**Safety
And
Firearms
Education
Company**

**Monday, June 10th, 2019
12:30pm**

~ comfortable clothing and sneakers please

for further information call Andrew Sheldon at 760-285-5099



Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. It's a total workout, combining all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Zumba Gold is designed specifically for active older adults, introducing easy-to-

follow choreography that focuses on balance, range of motion and coordination. Come ready to sweat; prepare to leave empowered and feeling strong.



Mondays Wednesdays and Fridays
8:30am - 9:30am

\$3 for Members / \$6 for Non-Members



Morning Bites is a Members Only Program please make sure you have your membership badge with you when attending. If you need a day pass please see the front desk

Inland Counties LEGAL SERVICES

Inland Counties Legal Services provides free civil legal assistance to seniors who are 60 years or older who reside in Riverside and San Bernardino Counties.

- **Access to Legal Assistance**

At a [Senior Center Outreach Clinic](#). Our elder law advocates travel to senior and community centers throughout both counties to give legal counsel and assistance. Seniors are seen by appointment only at the [Senior or Community Centers](#) monthly, or quarterly. [Call the Center](#) nearest your home for an appointment.

Priorities:

- Seniors who are low-income, 75 years of age or older, non or limited-English speaking, homebound, live alone or who are disabled, chronically ill, or functionally impaired receive priority in service.
- Elder Abuse: We give priority to elder abuse cases, including matters involving financial, emotional and mental abuse as well as physical abuse, and help seniors with government and public benefits.
- **Legal Assistance:**
 - Health Care: We assist with MediCal and Medicare and prepare powers of attorney (advanced health care directive)
 - Estate Planning: We advise on small estates and prepare simple wills in appropriate cases
 - Housing (mobile home park tenancies, evictions, removing property liens)
 - Consumer fraud
 - Guardianships and conservatorships
 - To protect seniors from financial or physical abuse or:
 - To obtain emergency medical benefits, spousal and child support

Wednesday, June 13th, 2018

By appointment ONLY

Appt times from 8:30am to 12:30pm

Please schedule at the front desk



Summer Movie Schedules

Sponsored By:



**BILHARTZ DESERT
INSURANCE AGENCY**

Your one-stop for ALL things Medicare.

Make sure your agent is LOCAL!

*Serving the ENTIRE Coachella Valley and
surrounding areas*

Desert Hot Springs Movie of the Week

Tuesdays at 12:15pm

Sponsored by: Bilhartz Insurance



July 2nd

Independence Day (1996)

When aliens in an enormous spacecraft suddenly arrive in Earth's atmosphere and start blowing things up, it falls to a cocky pilot (Will Smith) and a goofy scientist (Jeff Goldblum) to save the planet from total destruction. With plenty of action, special effects sequences and pithy one-liners, Independence Day is one of the 1990s' best popcorn flicks. Bill Pullman co-stars as the gung-ho president who urges his citizens to fight back.

July 9th

I, Robot (2004)

Inspired by Isaac Asimov's work, this techno-thriller stars Will Smith as Del Spooner, a technology-wary cop investigating the murder of a scientist in mid-21st century Chicago, who isn't the perfect man for the job ... but he takes it on anyway. Aided by expert Dr. Susan Calvin (Bridget Moynahan), Spooner discovers that an android (Alan Tudyk) might be the culprit -- and realizes the entire human race could be at the mercy of machines..

July 16th

The Pursuit of Happiness (2006)

Chris Gardner is smart and talented, but his dead-end salesman job barely pays the bills. When he and his son are evicted, they face trying times as a desperate Chris accepts an unpaid internship at a stock brokerage firm.

July 23rd

I am Legend (2007)

When a terrible virus spreads across the planet and turns the human race into bloodthirsty mutants, civilization's last hope for survival lies with scientist Robert Neville, the only person unaffected by the epidemic.

July 30th

Men in Black (1997)

In director Barry Sonnenfeld's hip sci-fi romp, a streetwise New York City cop is enlisted to work with a seasoned government agent on a top-secret team that monitors space aliens living on planet Earth, unbeknownst to the general public.

Movies Based on Availability & Subject to Change Without Notice

Desert Hot Springs Movie of the Week

Tuesdays at 12:15pm

Sponsored by: Bilhartz Insurance



August 6th

Casablanca (1942)

In this Oscar-winning classic, American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) - the woman who broke his heart -- to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

August 13th

It's a Wonderful Life (1946)

It's a wonderful film. Frank Capra's inverted take on A Christmas Carol stars Jimmy Stewart as George Bailey, a good man who's spent a lifetime giving up on his dreams in order to keep life in his small town humming. When a guardian angel named Clarence finds a despondent George poised to jump off a bridge, he shows George what life would've been like had he never been born.

August 20th

Gone With The Wind (2015)

Director Victor Fleming's 1939 epic adaption of Margaret Mitchell's novel of the same name stars Vivien Leigh as self-absorbed, headstrong Scarlett O'Hara, a Southern Belle who meets her match in Rhett Butler just as the Civil War breaks out.

August 27th

Singin' In The Rain (1952)

Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made, a two-time Oscar nominee that includes the songs "Good Morning," "Make 'Em Laugh" and the iconic title tune. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard.

Movies Based on Availability & Subject to Change Without Notice



***Fit after 50* exercise classes are designed to assist seniors in maintaining strength, mobility and functionality, and reducing falls. The exercises address:**

- ✓ Lower Body strength — important for getting out of a chair, bathtub, or car, walking or climbing stairs, and reducing the risk of falling.
- ✓ Upper Body strength — important for activities such as household chores, carrying groceries, lifting a suitcase, or picking up a grandchild.

Specific health benefits include: stronger bones, halted osteoporosis, improved balance/flexibility, arthritis symptom relief

Free for Non-Members and Members
Mondays, Wednesdays , and Friday
10:00am - 11:00am

LEARN TO CROCHET



With Ms. Shirley

Have you always wanted to learn to crochet but have had no one to teach you? Or are you already skilled at crochet and just would like someone to crochet with? Well Ms. Shirley's class is just right for you. Studies show that knitting, crochet and other repetitive needlework provide a number of invaluable health benefits. Since 2005, ex-senior physiotherapist Betsan Corkhill collected anecdotal evidence and launched a collaborative study with scientists at many different universities on the role of knitting in health. They found that such rhythmic repetitive acts help prevent and manage stress, pain and depression, which in turn strengthens the body's immune system. Whether you're a beginner, intermediate or advanced there will be something fun for everyone. All you need to bring is your crochet supplies and a desire to learn and make friends.



Tuesdays and Thursdays





Desert Rose

Thrift Shoppe

**New Summer hours!!!
Monday, Wednesday, Friday**

8:30am until 1:30pm

“Quality items at an affordable price”

Donations are accepted Monday through Friday





These classes, led by *Tai Chi Master, Neal Arida*, will teach the Yang Family Long Form 108 along with Qigong organ exercises. Learn and practice these ancient Chinese arts of health restoration and self-defense, by combining breath control with rhythmic, slow-moving choreographed body movements. Health benefits include improved balance, improved circulation, the lowering of blood pressure, increased flexibility, better balance and enhanced breathing. balance and enhanced breathing.

Beginning Tai Chi - We will begin with learning standing postures, breath control and body movements. Exercises will be tailored to your abilities and limitations.

Tuesdays and Thursdays: 10:00am - 11:00am

\$3 for Members / \$6 for Non-Members

ART Classes!

Come have fun. No experiences necessary!



OPEN STUDIO

DHS Senior Center is offering
FREE ART CLASSES to all members.



**Chalk
and
Oil Pastels**

Open studio let you work at your own pace. Bring your ideas and projects and let's have fun!

Monday
June 24, 2019
1:00-3:00 pm



Printmaking



Watercolor



Materials included



Charcoal

Must register at front desk seating is limited. Non-member \$10.

For information call (760) 329-0222 or (760) 856-0924

Classes are subject to change without notice. Class must meet minimum student registration requirements.

CASINO Field Trip

Upcoming dates:

* Monday, June 3rd, 2019

* Monday, August 1st, 2019

* Monday, October 7th, 2019

* Monday, July 3rd, 2019

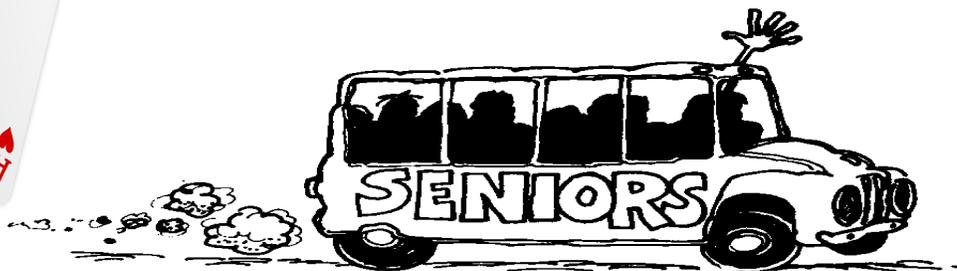
* Monday, September 9th, 2019

* Monday, November 4th, 2019



*Bus will
leave at
11:00am
and return
at 3:30pm*

We are pleased to announce that we will be continuing a once a month field trip to the Spa Resort and Casino. Seating is limited, please reserve your seat at the front desk.





I scream, YOU scream, WE ALL scream for ice cream!!!

Every 3rd Friday of the month at 12:30pm Desert Hot Springs Senior Center Hosts its FREE Senior Ice Cream Social sponsored by Billhartz Desert Insurance Agency. Beat the upcoming heat with a nice cold scoop of vanilla ice cream

with your favorite toppings and mingle with your fellow Desert Hot Springs Seniors.

Upcoming Ice Cream Social date....

Friday, June 19th, 2018

Sponsored by:



BILHARTZ DESERT INSURANCE AGENCY

*Your one-stop for ALL things Medicare.
Make sure your agent is LOCAL!
Serving the ENTIRE Coachella Valley and surrounding areas*



Did you know the Desert Hot Springs Senior Center (DHSSC) has a Choir? Are you a Senior 50 years of age or older that loves to sing? Well the Rockin' Chair Singers of DHSSC is actively seeking new members to join the Center's choir.

Fridays at 12:00pm





Eating a balanced diet is vital for good health and well-being, especially as we age. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to thrive. We need a variety of healthy foods to provide the right amounts of nutrients for good health. In partnership with Find Food Bank we are extremely pleased to bring more produce distribution days for the Senior Citizens of Desert Hot Springs. Please see schedule for dates and times below.

June 2019:

Wednesday, June 5th - 8:30am
Wednesday, June 12th - 8:30am
Wednesday, June 19th - 8:30am
Wednesday, June 26th - 8:30am

July 2019:

Wednesday, July 3rd - 8:30am
Wednesday, July 10th - 8:30am
Wednesday, July 17th - 8:30am
Wednesday, July 24th - 8:30am
Wednesday, July 31st - 8:30am





Are you ready for some Mah Jongg?

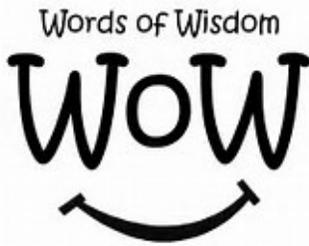
Researchers are claiming that playing Mah Jongg is good for our mental health, as it challenges our cognitive skills and powers of reasoning.

Originally a Chinese game of calculation and strategy, Mah Jongg found its way to America less than 100 years ago.

A rummy-based game, it's time to put away the cards and discover the beautiful game of Mah Jongg.

All are welcome to play!

Tuesdays
1:00pm - 4:00pm



Come join Rabbi Kreiman one Tuesday a month for words of wisdom. They tell stories with morals and values. They celebrate monthly birthdays and bring refreshments. The goal of Words of Wisdom is to bring joy to all participants.

Upcoming dates:

Tuesday, June 18th, 2019

Tuesday, July 16th, 2019

Tuesday, August 20th, 2019

3:30pm

Free for Members and Non-members



The Council on Aging's Health HICAP offers unbiased individualized counseling, community outreach, and public education about Medicare and other related health insurance topics.

HICAP counselors are state-registered staff and volunteers, trained to answer your health insurance questions free of charge.

Our counselor can help you understand Medicare, review your health insurance and pharmaceutical options, compare supplemental insurances, challenge denials of service, examine rights as a health care consumer and explore long-term care options.

*Every 3rd Thursday of the month
By Appointment only*

**Please call for appointments
Monday through Friday 9:00am to 4:00pm
(909) 256-8369**

Pinochle



As you may know, Pinochle is a popular card game played with a unique deck of only 48 cards, which contains two of each suit of the Nines, Tens, Jacks, Queens, Kings, and Aces; there are no 2 through 8 rank cards. The game can be played with either two, three, or four players. The object is to accumulate points by either winning tricks, or by melding a combination of cards. The meld of the Jack of Diamonds and the Queen of Spades is known as “Pinochle”, and scores 40 points. Pinochle was brought to the Americas by European immigrants who played “Binochle”, a French version of the Old World game of “Bezique”.

Come and join in the fun!

Tuesdays & Thursdays
1:00pm - 4:00pm



There is no denying that the music that comes from a person playing the piano is beautiful, relaxing and inspiring. Have you ever wanted to learn to play? Well now is your chance. Whether you have never laid a finger on a piano key in your life or you would like to brush up on your basics once again. Our instructor, Bette Stampley will get you started on your way to making a sweet tune. Make your reservations for your lessons at the front desk.

Thursday, June 6th and 21st
Session #1 2:00pm—3:00pm
Session #2 3:00pm—4:00pm

Free for Members / \$3 per lesson for Non-Members
Reservations only

Membership



Membership at Desert Hot Springs Senior Center costs \$10.00 a year. Your year starts from the day you sign up and ends exactly 365 days later. Not only does your membership show your support for the Desert Hot Springs Senior Center but there are many benefits that come from being a member. Some of these benefits include:

- **Access to Morning Bites**– *Morning bites is a continental style breakfast program that offers healthy and nutritious items for our members to eat. Why have breakfast alone when you can have it here at the Center with your friends?*
- **Up to 50% discount on classes**– *As a member of Desert Hot Springs Senior Center you will notice some of our classes have fees. Usually those fees are greatly reduced by the instructors who understand the different financial situations of senior citizens . However as a member we guarantee the lowest fees for classes for you.*
- **Monthly Coffee card**– *We have monthly coffee cards available for purchase at the front desk. This is a members only service we offer.*
- **Free Classes**– *Some of our classes are free for members only, such as piano and art.*
- **Special Events**– *Our members will always have free access to special events such as our yearly dance, talent show, and Christmas Party.*

Whether you decide to be a member or not please come and enjoy the Desert Hot Springs Senior Center there is something for everyone to enjoy!



Where Do You Fit?





Come join us Friday, June 14th during lunch for our Annual Father's Day celebration! Father's wear you favorite sports teams attire to be entered into a drawing!





The **NEW FISCAL YEAR** is here!



Requirements to **CONTINUE** on the Senior Nutrition Program:

Must fill out **NEW INTAKE FORM**. Nutrition

Department Staff will be at your site on:

Wednesday, June 19th, 2019

BRING ANY form of identification to verify age.

Our fiscal year start on July of the current year and go through June of the following year,(ex: from July 2019 to June 2020). **If you DO NOT FILL OUT THE NEW FORM**, you will be responsible for paying the \$5.00 GUEST FEE. *Beginning July 1, 2019, there will be a NEW MASTER SIGN-IN BOOK.*

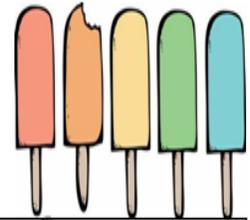
If you have any questions or concerns please do not hesitate to contact Yareli Silva at (760) 323-5689 ext. 109.

Thank you
Nutrition Department





Mizell Senior Center June 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  <p>HAPPY FATHER'S DAY</p>				
<p>3 Chicken Tamale Pie Green Beans Churro Orange, Milk</p>	<p>4 Beef Sloppy Joes Wheat Bun Tater Tots Coleslaw Diced Peaches, Milk</p>	<p>5 Chicken Parmesan w/Fettuccini Pasta Cauliflower Blend Wheat Roll Banana, Milk</p>	<p>6 Baked Ziti w/Sausage Broccoli Garlic Toast Banana, Milk</p>	<p>7 Tuna Salad Sandwich on Wheat Bread Lettuce & Tomato Crackers Milk</p>
<p>10 Beef Lasagna Italian Vegetables Garlic Bread Orange, Milk</p>	<p>11 BBQ Chicken Creamed Spinach Western Corn Wheat Roll Applesauce, Milk</p>	<p>12 Beef & Cheese Green Enchiladas Aztec Rice Zucchini & Tomatoes Peaches, Milk</p>	<p>13 Asian Chicken Chow Mein Noodles Stir Fried Veggies Hawaiian Roll Orange, Milk</p>	<p>14  BLT Salad Bacon, Lettuce & Tomato Crackers Milk</p>
<p>17 Chicken Cacciatore w/Penne Pasta Lima Beans Garlic Bread Applesauce, Milk</p>	<p>18 Beef Chili Colorado Rice Carrots Cornbread Banana, Milk</p>	<p>19 Herb Baked Chicken Pilaf Rice Vegetable Blend Wheat Roll Cocktail, Milk</p>	<p>20 Hamburger Lettuce & Tomato Tater Tots Coleslaw Apple, Milk</p>	<p>21 Vegetable Lasagna Veggie Blend Garlic Toast Milk</p>
<p>24 BBQ Chicken Garden Rice Wheat Roll Orange, Milk</p>	<p>25 Baked Ham w/ Pineapple Roasted Potatoes Green Beans Wheat Roll Banana, Milk</p>	<p>26 Salisbury Steak Mashed Potatoes Carrots Wheat Roll Peaches, Milk</p>	<p>27 Beef Enchiladas Aztec Rice Carrots Orange, Milk</p>	<p>28 Cheese Ravioli w/Marinara Sauce Broccoli Garlic Bread Milk</p>