

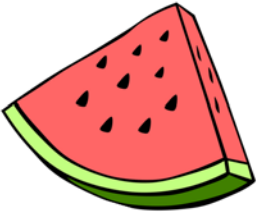

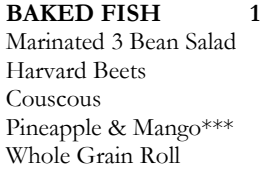


# August 2025

CLAREMONT  
SENIOR PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>BEEF HAMBURGER 4</b> <b>ON WHOLE GRAIN</b> <b>BUN</b> Slice of Lettuce & Tomato Baked Beans Strawberries* w/Yogurt	<b>CHICKEN MOLE 5</b> Cream of Mushroom Soup Spring Mix Salad Broccoli*** Cilantro Brown Rice Banana	<b>HOT ROAST BEEF 6</b> Marinated Beet Salad Mashed Potatoes* Whole Grain Bread or Roll Applesauce or Watermelon Chef's Choice Pudding	<b>CHICKEN CURRY 7</b> Tomato Basil Soup Butternut Squash** Asian Cucumber Salad Couscous Whole Grain Bread or Roll Mandarin Orange*	<b>BAKED FISH 1</b> Marinated 3 Bean Salad Harvard Beets Couscous Pineapple & Mango*** Whole Grain Roll
<b>CHICKEN 11</b> <b>PARMESAN</b> Spiced Butternut Squash Soup** Whole Grain Spaghetti Broccoli Slaw* Sourdough Bread Fresh or Canned Pear	<b>BEEF &amp; TURKEY 12</b> <b>MEATLOAF</b> Romaine & Iceberg Salad w/Cucumbers Mashed Potatoes* Whole Grain Bread or Roll Pineapple & Mango*	<b>CHICKEN DIVAN 13</b> Spinach Salad w/Mandarin Oranges *** Green Beans Barley Pilaf Banana*	<b>BEEF CHOP SUEY 14</b> Lentil Soup Mesclun Salad Carrots** Brown Rice Kiwi* or Strawberries* Chef's Choice Muffin	<b>VEGETARIAN 15</b> <b>LASAGNA OR</b> <b>BREADED FISH</b> Caesar Salad Cauliflower & Peas Whole Grain Bread or Roll Orange*
<b>MEXICAN BEEF 18</b> <b>STEW W/ BELL</b> <b>PEPPERS &amp; ONIONS</b> Spinach Salad ** w/Mushrooms Black Beans Spanish Rice Flour Tortilla Kiwi* Chef's Choice Pudding	<b>BBQ PORK 19</b> <b>RIBLET</b> Cream of Broccoli Soup Green Peas w/Pearl Onions Coleslaw* Whole Grain Bun Canned or Fresh Pear	<b>BEEF CHILI MAC 20</b> Romaine Salad Carrots** Whole Grain Bread or Roll Strawberries*	<b>TURKEY OR 21</b> <b>CHICKEN SANDWICH</b> Cabbage Soup Brussels Sprouts* Lettuce & Tomato Whole Grain Bread Banana	<b>BAKED FISH W/ 22</b> <b>LEMON SAUCE OR</b> <b>SALISBURY BEEF</b> <b>STEAK</b> Spring Salad Mix Baked Sweet Potatoes*** Barley Pilaf Cantaloupe*** or Peaches
<b>CHICKEN 25</b> <b>ALFREDO</b> Brussels Sprouts* Mesclun Salad w/Celery Whole Grain Penne Pasta Fresh Fruit Sourdough Bread	<b>BEEF FAJITAS 26</b> Spinach Salad ** w/Mushrooms Pinto Beans Brown Rice Flour Tortilla Orange*	<b>CRISPY CHICKEN 27</b> Corn Chowder Green Beans Coleslaw w/Radishes* Whole Grain Bread/Roll Banana	<b>BBQ CHICKEN 28</b> Sunset Salad Baked Beans Corn Cobbett Whole Grain Roll Watermelon Orange Juice*	<b>TUNA SANDWICH 29</b> <b>ON WHOLE GRAIN</b> <b>BREAD</b> Tomato Soup Carrot Salad** Lettuce & Tomato Pineapple & Mango*

**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.gov](http://www.claremontca.gov)

**BLAISDELL COMMUNITY CENTER**

**Closed for construction.** Meals are available at the Joslyn Center during construction.

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

*Menu may be subject to change without notice.*

*1% low-fat milk and/or water served with each meal. Soy milk available upon request.*

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

# August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Mah Jongg**	8:00 Walking Group (Shelton Park)	9:15 Intermediate Line Dance**	8:00 Walking Group (Indian Hill Trail- head)	9:00 Art Group**
9:35 Chair Exercise (H)	9:00 Hope Partners Food Pantry	9:35 Chair Exercise (H)	10:00 Joslyn Jammers**	9:35 Chair Exercise (H)
10:30 Gentle Yoga**	10:00 Qigong*	10:30 Line Dance**	1:00 L.A. Regional Senior Food Bank (2 <sup>nd</sup> )	10:30 War & Existentialism Book Club (1 <sup>st</sup> )**
1:00 Mac Users Group (2 <sup>nd</sup> )	10:30 Arthritis Exercise**	12:30 Tierra Del Sol Art Workshops (2 <sup>nd</sup> & 4 <sup>th</sup> )**	1:00 Yoga for Aging with Grace**	11:00 Gentle Yoga (H)**
1:00 Flexibility for Older Adults**	11:00 Overeaters Anon.	1:00 Bridge**	1:30 Reading About Money (1 <sup>st</sup> )*	12:00 Overeaters Anon.
2:30 Cardio and Strength Training**	12:30 Pinochle**	1:00 Flexibility for Older Adults**	3:15 Bereavement Support (Eucalyptus)	12:30 Beginner's Tap Dance**
4:00 Bike Group Meeting (3 <sup>rd</sup> )	1:00 Bridge**	2:30 Cardio and Strength Training**		12:30 Movie Matinee (2 <sup>nd</sup> )
6:00 Survivors of Suicide Loss (2 <sup>nd</sup> & 4 <sup>th</sup> ) (H)	1:00 Flexibility for Older Adults**			1:00 Claremont Senior Computer Workshop (1 <sup>st</sup> & 3 <sup>rd</sup> )
	2:00 Yarn Crafts with Kindness**			
	2:30 Cardio and Strength Training**			

All activities are located at the Joslyn Center unless otherwise noted. Please refer to the Claremont Recreation & Human Services Activity Guide 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

#### Movie Matinee at Joslyn Center

Enjoy free snacks and refreshments while watching a movie. August's film is *Florence Foster Jenkins* (PG-13). In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.

Ages 55+      Fri. 8/8      12:30 p.m. – 2:30 p.m.      Free

#### Mac Users Group

This self-help group for people using Apple products (Macintosh's, smart watches, iPhone, etc.) Bring your tech problems to the meeting and the activity leader will provide assistance. Topics include apps, hardware, and troubleshooting.

Ages 55+      2<sup>nd</sup> Mon      1:00p.m.– 3:00p.m.      Free

#### Tierra Del Sol Workshops

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. Each month's workshop topics can range from collage to watercolor, from Monet to Picasso. Participants are provided with art materials, a demonstration by experienced arts educators, and step by step guidance throughout the process. **\*A \$10 materials fee (cash or check) is due to the instructor at the time of the workshop. Registration is required. Location: Joslyn Center.**

Ages 55+      2<sup>nd</sup> & 4<sup>th</sup> Wed      12:30 p.m. – 2:30 p.m.      \$10

#### JOSLYN CENTER

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

#### BLAISDELL COMMUNITY CENTER

440 S. College Ave.  
Closed for renovation. Call the  
Joslyn Center for more  
information.

#### 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.gov](http://www.claremontca.gov)