

September 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Closed in Observance of Labor Day</p>	BBQ CHICKEN 2 Iceberg & Romaine Salad Barley Pilaf Baked Yam** Cornbread Fresh Kiwi* Oatmeal Cookie	BEEF STRIPS W/ MUSHROOMS 3 Green Salad w/ Tomato & Pepper Whole Grain Pasta Creamed Spinach** Strawberries* or Pineapple*	LEMON PEPPER TURKEY OR HOT TURKEY SANDWICH 4 Bean Soup Marinated Cucumber Salad Garlic Mashed Potatoes* Whole Grain Roll Banana	BAKED FISH VERACRUZ OR SWEET & SOUR PORK 5 Spinach Salad** w/ Mushrooms Brown Rice Broccoli & Cauliflower* Tangerine*
CHICKEN CHIPOTLE 8 Mixed Green Salad Cilantro Couscous Cauliflower* Whole Grain Bread or Roll Fruit Cocktail or Mandarin Orange Cup	BEEF LASAGNA 9 Carrots** Creamy Coleslaw* Whole Grain Bread or Roll Pear	SOFT CHICKEN TACO 10 Barley Soup Shredded Lettuce & Diced Tomato Pinto Beans Flour Tortilla Banana* Orange Juice* Joslyn Center's Birthdays	BEEF SWEDISH MEATBALLS W/ WHOLE GRAIN PASTA 11 Romaine w/ Celery & Carrots** Green Peas Kiwi* Chef's Choice Gelatin Cup	BAKED FISH W/ WINE SAUCE & HERBS SAUCE 12 Tomato Soup Marinated Beet & Onion Salad Couscous w/ Parsley Harvard Beets Whole Grain Bread or Roll Pineapple & Mango***
BEEF HAMBURGER ON A WHOLE GRAIN BUN 15 Sliced Lettuce & Tomato Baked Beans Strawberries* w/ Yogurt	CHICKEN MOLE 16 Green Salad W/ Lettuce & Tomato Spanish Rice Mexican Corn Tortilla Fresh Fruit Flan Orange Juice*	HOT ROAST BEEF 17 Marinated Beet Salad Mashed Potatoes* Whole Grain Bread or Roll Applesauce or Watermelon Chef's Choice Pudding	CHICKEN CURRY 18 Tomato Basil Soup Asian Cucumber Salad Couscous Butternut Squash** Whole Grain Bread or Roll Mandarin Orange*	BREADED FISH OR PORK CARNITAS 19 Beef Barley Soup Shredded Cabbage Baked Yam** Flour Tortilla Cantaloupe*** or Kiwi*
CHICKEN PARMESAN 22 Broccoli Slaw* Whole Grain Spaghetti Sourdough Bread Fresh or Canned Pear	TURKEY & BEEF MEATLOAF 23 Spiced Butternut Squash Soup** Romaine & Iceberg Salad w/ Cucumber Mashed Potatoes* Whole Grain Bread or Roll Pineapple & Mango*	CHICKEN DIVAN 24 Spinach Salad w/ Mandarin Oranges*** Barley Pilaf Green Beans Banana*	BEEF CHOP SUEY 25 Lentil Soup Brown Rice Carrots** Kiwi* or Strawberries* Chef's Choice Muffin	VEGETARIAN LASAGNA OR BREADED FISH 26 Caesar Salad Cauliflower & Peas Whole Grain Bread or Roll Fresh Orange*
MEXICAN BEEF STEW 29 Spinach Salad** w/ Mushrooms Black Beans Spanish Brown Rice Flour Tortilla Kiwi* Vanilla or Chocolate Pudding	BBQ PORK RIBLET 30 Cream of Broccoli Soup Coleslaw* Green Peas w/ Pearl Onions Whole Grain Bun Canned or Fresh Pear	BEEF CHILI MAC 1 Romaine Salad Carrots** Whole Grain Bread or Roll Strawberries*	TURKEY OR CHICKEN SANDWICH 2 Cabbage Soup Lettuce & Tomato Brussels Sprouts* Banana Whole Grain Bread	BAKED FISH W/ LEMON SAUCE OR BEEF SALISBURY STEAK 3 Spring Salad Mix Barley Pilaf Sweet Potatoes*** Cantaloupe*** or Peaches

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 11:30a.m.

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

BLAISDELL COMMUNITY CENTER

Call the Joslyn Center for more information. 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

September 2025



CLAREMONT
SENIOR PROGRAM

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 nd)	10:30 War & Existentialism Book Club (1 st)**
11:00 Health Insurance Coun- seling & Advocacy Program (3rd)	10:30 Arthritis Exercise**	12:30 Tierra Del Sol Art Workshops (2nd & 4th)**	1:30 Reading About Money (1st)*	11:00 Gentle Yoga (H)**
1:00 Mac Users Group (2 nd)	11:00 Overeaters Anon.	1:00 Bridge**	3:15 Bereavement Support (Eucalyptus)	12:00 Overeaters Anon.
1:00 Flexibility for Older Adults**	12:30 Pinochle**	1:00 Flexibility for Older Adults**	3:45 Teen Techies (YAC)	12:30 Beginner's Tap Dance**
2:30 Cardio and Strength Training**	1:00 Bridge**	2:30 Cardio and Strength Training**		12:30 Movie Matinee (2nd)
4:00 Qi Gong (2nd)	1:00 Flexibility for Older Adults**	4:15 Yoga for Aging with Grace**		1:00 Claremont Senior Computer Workshop (1st & 3rd)
4:00 Bike Group Meeting (3rd)	2:00 Yarn Crafts with Kindness**			
6:00 Survivors of Suicide Loss (2 nd & 4 th) (H)	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

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

SPECIAL EVENTS & WORKSHOPS

Yoga Nidra—NEW!

Yoga Nidra is a deeply relaxing guided meditation practiced lying down. Known as "yogic sleep," it induces a calm, restful state between waking and sleep. A teacher guides you through breathing, body awareness, and visualization, helping release stress from both body and mind. Even once a month, Yoga Nidra may support better sleep, reduce anxiety, and improve mental clarity. Just one session can feel as restorative as a few hours of deep sleep. It's gentle, requires no movement, and is suitable for everyone. **Registration is required.**

Ages 55+

1st Mon (starting 10/6)

4:00 p.m. – 5:00 p.m.

Free

Qi Gong Monday—NEW!

Qigong (pronounced chee-gong) is a traditional part of Chinese medicine, derived from the words "qi" meaning breath or energy, and "gong" meaning work or skill. In this new class, participants will learn how to coordinate physical movements with their breath through the repeated practice of exercises while focusing on relaxing the body and mind. The gentle meditative movements focus on posture and breathing. Benefits may include increased energy, circulation, clarity, and focus. **Registration is required. Instructor:** Nana Smith. **As this is an outdoor class, there will be no class on rainy days or during extreme heat waves. Participants are encouraged to dress appropriately for the weather and to bring water.**

Ages 55+

2nd Mon (starting 9/8)

4:00 p.m. – 5:00 p.m.

Free

Excursion—Day in Oak Glen

Visit Los Rios Rancho, the largest and oldest apple farm in Southern California! Participants can pick some of the freshest apples and eat some apple treats made directly from the orchard. Later, we will head down to Oak Tree Mountain where participants can see the beauty of Oak Glen while perusing the great shops and restaurants the village has to offer. Activity level: Moderate. **Registration is required. Registration is non-transferrable. Refund requests must be received by Thursday, October 2, 2025. A \$10 handling fee will be charged per class/activity for the processing of refund requests or transfers.**

Ages 55+

Thur 10/16

8:00 a.m. – 4:30 p.m.

Free

SATURDAY

10:00 Parkinson's
Explorers (2nd) (H)

SUNDAY

3:00 Pétanque (LP)

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.gov