



Mable Davis Senior Center Newsletter

**Senior Citizen Association of California City
10221 Heather Ave., California City, CA 93505
Open 10:00am-1:00pm Mon-Fri (Except Holidays)
(760) 373-1006**



I am looking for some Volunteers to help one day a week as a Day Time Manager. Some of our volunteers, who have worked as Day Time Managers for several years have stepped down. I thank all of them for providing their time to help keep the Senior Center operating and passing out meals to those part of the Aging and Adult Services, Nutrition Program. **If you are interested in finding out more about the Day Time Manager Volunteer position and can find four hours a week to help, please contact me (Mike Edmiston 661-754-1058). I will be glad to meet with you at the Center to go over what it entails.** Thank you in advance for considering volunteering.

Good news!! Al Mendoza is back and has restarted the Senior Exercise Program. He will do the same program as before Mondays and Wednesdays starting at 9:00 am in the Mable Davis Senior Center. Those wishing to limber up come in and join the group.

The Mable Davis Senior Center in Central Park is operated by volunteers for California City Seniors 50+ Monday thru Friday, except Holidays, from 10:00am till 1:00pm. Come in and see what's going on.

Packaged Meals are provided at the Mable Davis Senior Center in Central Park for individuals 60+ who have signed up for the Aging and Adult Services Department, Nutrition Program. The Day Time Manger can help you signup and answer questions about the Center. The meals are provided Monday thru Friday, except Holidays, from 11:00am till 1:00pm by the KCAAS kitchen in Rosamond. Meals must be requested two days in advance of the day (meal) you would like. See the Day Time Manager for assistance.

Don't forget our Senior Birthday Lunches the third Wednesday each month. If you are a Senior 50+ you can sign up at the Center to sit at the Senior Birthday Lunch table. The Senior Birthday Lunch is one way to make new or renew acquaintances. It will give you an opportunity to find out what the Mable Davis Senior Center is all about. If you are a participant in the Nutrition Program, remember to also signup two days in advance for that day's meal. If you aren't signed up in the Nutrition Program, you can still signup for a seat at the Birthday Table and bring your own lunch. One friend or relative may sit with you.

There are wheelchairs, walkers, canes, and other health support equipment available for loan at the Senior Center, come in and ask the Daytime Manager for information.

Meals On Wheels (MOW) is always looking for drivers to deliver meals. Come into the Center and see Mike for the signup forms and information about the program. Drivers can request how often they will drive; the driving list is made up monthly. A clean driving record is required.

The CAPK Commodities Food Program (boxed nonperishable food) have changed their delivery times the NEW TIMES WILL BE 12:30 AM TO 1:30 PM. They will be notifying those receiving boxes currently of the new times. The day of delivery is still the third Wednesday each month next to Mable Davis Senior Center. (Do not block the driveway next to the Mable Davis Senior Center, this is where they park their distribution truck.) Just get in line with the other vehicles. To register you must be 60+ years old, meet the income requirements and show proof of California City Residency.

The last individual leaving a table after use is still required to use the sanitizing wipes provided and wipe down the tabletop surface and the metal edge, seats, and backs of all the chairs used. This is a Covid and Monkey Pox Sanitization Protection requirement. (Observe posted Notices in the Center.)

Please consider getting all the vaccinations and booster shots. It is a benefit.

Take care of yourselves. I look forward to seeing you at the Center.

**Mike Edmiston, President
Senior Association
661-754-1058**

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Senior Moments

By Dee Sutherland, Program Coordinator

We made it through the heat!! Enjoyed our day of rain and looking forward to a nice Fall!
 Celebrating her Birthday in August was Pat Gordon!
 Even through eating in the dark (power outage), we all enjoyed a Triple Chocolate Cake!!!

The Next Birthday Party is on Wednesday September 20th at 12 noon. Hawaiian Theme

If your Birthday is in September, sign up for the Birthday Table in the Lobby and the lunch sign in, in the dining room. You may also bring your own lunch and enjoy some cake! ☺

Wear your favorite Hawaiian style!

GOOD NEWS for SEPTEMBER!

“Easy Exercises with AI” Mondays and Wednesdays
 9-10 am

FREE PUZZLES! Come on down and pick some out!
ACTIVITIES

We're still looking for **BOWLERS!**
 See the flyer on page 3!!

The pool table is still waiting for some players! Plus, many table games to enjoy!

BINGO-Every Friday. Sales 12:30-Games begin: 1:00
 All persons 18 and over can play!!!

CRAFT CLUB-Wednesdays 10:00

Bring your projects from home and enjoy!

CARDS-Thursdays 10:00

Play darts, pool, board games, a Library and TV Room!

LUNCH-Mon-Fri (except Holidays)
 You must sign up!

Monthly Birthday Party is every 3rd Wednesday.

☺
 See you at the Center!

CALIFORNIA CITY IMPORTANT PHONE NUMBERS

AMBULANCE	911
POLICE (NON-EMERGENCY/BUSINESS)	(760) 373-8606
FIRE DEPARTMENT	(760) 373-4841
POISON CONTROL	(800) 222-1222
ANIMAL CONTROL	(760) 373-1115
DOMESTIC VIOLENCE HOTLINE	(8 00) 799-7233
CITY HALL	(760) 373-8661
CITY CLERK	(760) 373-7140
BUILDING DEPARTMENT	(760) 373-7152
BUILDING OFFICIAL	(760) 373-7162
PLANNING DEPARTMENT	(760) 373-7141
PARK & RECREATION	(760) 373-3530

TO REPORT A WATER LEAK DURING BUSINESS HOURS,
 CONTACT CITY HALL'S MAIN NUMBER.

AFTER BUSINESS HOURS, CONTACT THE POLICE DEPARTMENT'S MAIN LINE (NOT 911).

SENIOR CITIZEN ASSOCIATION BOARD OF DIRECTORS

OFFICERS

President – Mike Edmiston – (661) 754-1058

Vice President – Gloria Brown –(760)373-1205

Secretary – Susie Middleton-(760)373-2395

Treasurer – Mary Edmiston – (661) 754-1059

Newsletter-Denise Schofield-(760)-373-1196

Sunshine Committee-Arlene Bokelman
 (760-373-2484)

SPECIAL EVENTS/PROGRAM CHAIRPERSON

Dee Sutherland – (940) 736-7777

Bingo Chairperson:

Mary Edmiston – (661) 754-1059

BOARD MEETINGS: 4th Wednesday at 1:00pm ~ Submit new business for Board consideration to the Board Secretary by the second Wednesday of the month. **NOTE:** Information published in this newsletter is thought to be reliable at the time of publication. However, we do not guarantee the accuracy of the content in the information presented. For questions or comments about the newsletter, contact Denise Schofield, at (760) 373-1196 or by email at Neeecys49@yahoo.com



IN MEMORIAM

To those who passed before us,
 MAY THEY REST IN PEACE

MANY THANKS TO OUR SPONSORS!

Sponsorship donation requests are made each January for the calendar year. The donation is \$100, only \$8.33/mo. to help maintain the Center! To be added to the donor request list for next year, contact Mary Edmiston, Treasurer of the Senior Citizen Association, at (760) 373-1006, and we will contact you at that time.

2023

Dominique Espindola and Family
 Bingo Committee
 Wayne and Mary Uptergrove
 Jeanie O’Laughlin
 Marvin and Gloria Brown
 Ed and Barbara Rest
 East Kern Health Care District
 East Kern Historical Museum Society



EVENTS AND ACTIVITIES



Celebrate
September
Birthday
Hawaiian style!!

Sept. 20th
NOON



SIGN UP IN LOBBY

CRAFT CLUB



1ST, 2ND, AND 4TH WEDNESDAYS
10:00

IF YOU HAVE A PROJECT TO BRING TO WORK ON, OR TO SHARE, COME ON DOWN!!



FRIDAYS

Sales begin 12:30, Games begin at 1:00
Over 18, ALL are welcome!
Only \$10.00



Looking for BOWLERS



FOR OUR UPCOMING SEPTEMBER TOURNAMENT
We do it nice and easy!
Sitting, Standing or walking!!



SIGN UP IN LOBBY



EASY EXERCISE WITH AL!

Monday & Wednesday
9-10 am

Come exercise with us!



FREE JIGSAW PUZZLES!
We have so many to choose from!
They are in the Pool room
Please take a couple home!!



Come join us for our Monthly Birthday Party. Every 3rd Wednesday. Those Seniors who are born in that month enjoy a special seat at the table!!
You must sign up.





We are always concerned about the health and well-being of our fellow seniors. So, if you know if any of our seniors is sick, or has passed on, contact Arlene Bokelman and she will send out the appropriate greeting cards to bring a little “sunshine” into someone’s day.



Bartz-Altadonna Community Health Center
FOR APPOINTMENTS CALL 661- 874-4050

Local Food Banks and Commodities



FOOD PANTRY is available at the Community Church of California City located at 21001 Conklin Blvd. (corner of Conklin Blvd. & California City Blvd. across from the Catholic Church). The food pantry is open on Wednesdays by for more information or an appointment call (760) 373-2346. The office hours are Monday, Wednesday & Friday, 9:00am to noon.



MONTHLY COMMODITIES DISTRIBUTION from the East Kern County Food Bank is held on the first Saturday of each month from 9:00-11:00 am. The location is the New Life Assembly of God Church, 21924 Calhoun Dr., California City. New signups must provide identification, proof of residence and income. For more information, call (760) 373-7813.

Community Emergency Services



YANA is a program operated by our Police Department that contacts persons living alone who might need emergency assistance. The Police Department dispatcher will call you at the interval and time you designate to check on your well-being. If you do not answer the phone, they will investigate why. The form to sign up for this program is at the Police Department.

THE YANA 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 gain access. Contact the Police Department if you wish to participate in the YANA program. Our Police/Fire Departments have arranged donations from individuals and the business community to cover the cost of the YANA boxes.

Senior Center Lunch Program



Dining in

The donation for hot lunches (boxed and safety sealed) is \$3 for seniors who are at least 60 years old. For those under the age of 60, the cost is \$6 unless their spouse in attendance is over the age of 60.

Masks must be worn unless vaccinated.

California Phones from the California Telephone Access Program (CTAP) provides free specialized phones and accessories for your mobile (and landlines) phone to all qualified Californians. These devices make it easier to hear, dial, and call. A Program of the California Public Utilities Commission. Contact Pa Kou Cha, Outreach Specialist
1-559-477-4674



GOVERNMENT & LOCAL ASSISTANCE SERVICES



ProCare HOSPICE provides in-home care for seniors struggling with life limiting illness including Alzheimer's Disease, heart failure, COPD, cancer and more. ProCare Hospice is licensed by the State of California and CHAP Accredited. Services are covered by Medicare, Medi-Cal, other insurances, as well as Veterans benefits. Those who qualify also receive DME equipment including oxygen, hospital beds, canes, walkers, and diapers. For more information, contact Brandi Wheeler, Director of Marketing, at (661) 951-1146.

VOLUNTEER SENIOR OUTREACH PROGRAM is funded by the County of Kern Aging and Adult Services Department. This program provides supportive relationships for seniors and their families which could include visiting, join for lunch, a phone call, or just being a friend. The program also offers assessments and counseling to those having depression or other mental health issues. For information in obtaining services, contact Leslie Rich, Program Coordinator, at (661) 822-8223.

QUESTIONS ABOUT MEDICARE? The Health Insurance Counseling and Advocacy Program (HICAP) assists Medicare recipients who may be having trouble with receiving and/or understanding their benefits. If you need assistance, contact the HICAP office in Bakersfield at (800) 434-0222.

COUNTY OF KERN VETERANS SERVICE DEPARTMENT was established by the Board of Supervisors of Kern County in 1944 to assist veterans, their dependents, and survivors to obtain benefits and entitlements available through federal, state and local agencies administering programs for veterans. Every veteran, dependent or survivor is encouraged to visit an office to have a VA benefit update by a Veterans Service Representative. For more information, call (661) 868-7300 or e-mail kernvets@co.kern.ca.us.

MEDICAL BASELINE PROGRAM may get you a discount on your gas and/or electric bill. For information, call the County of Kern, Aging & Adult Services at (661) 868-1000, or (800) 510-2020 (toll-free), or send e-mail to: aginginfo@co.kern.ca.us.

U.S. GOVERNMENT BENEFITS WEBSITE The official benefits website of the U.S. Government www.benefits.gov provides eligible citizens the fastest and most accurate information on more than 1,000 Federal and State administered programs available. To date, the website had guided more than 5.89 million people to the help they need for things such as housing, education, food/nutrition, healthcare, disaster relief and more.

FOOD PANTRY is available at the Community Church of California City located at 21001 Conklin Blvd. (corner of Conklin Blvd. & California City Blvd. across from the Catholic Church). The food pantry is open on Wednesdays by appointment only. For more information or an appointment call (760) 373-2346. The office hours are Monday, Wednesday & Friday, 9:00am to noon.

MONTHLY COMMODITY DISTRIBUTION from the East Kern County Food Bank is held on the first Saturday of each month from 9:00-11:00 am. The location is the New Life Assembly of God Church, 21924 Calhoun Dr., California City. New signups must provide identification, proof of residence and income. For more information, call (760) 373-7813.

MEALS ON WHEELS is a program that delivers meals to homebound seniors 60 years or older, with preference given to those in greatest economic and medical need. Those interested in new service should contact the Aging & Adult Office in Rosamond at (661) 221-3927. Those interested in becoming a volunteer driver in California City, contact Mike Edmiston at the Center for information.

CALIFORNIA CITY DIAL-A-RIDE Fares: (Free till Spring 2022) General Public \$1.70, One-Way Trip. Seniors/Disabled/Youth (16 & under) \$1.00, One-Way Trip. Call (760) 373-8665. Hours of operation: Monday through Friday between 8:30am and 5:00pm. The service does not operate on weekends, or on days when City Hall is closed. Calls will be taken until about 3:45pm.

THE SOCIETY OF SAINT VINCENT DE PAUL, OUR LADY OF LOURDES CONFERENCE is located at the Our Lady of Lourdes Catholic Church at 9970 California City Blvd. Volunteers will assist and help with providing emergency food as well as referral resources to help those in need have a sense of dignity, purpose, and self-esteem. The staff is available from 9:00am to 12:30pm every Tuesday, Wednesday, and Thursday.

VALLEY CAREGIVER RESOURCE CENTER is part of a statewide system of California Caregiver Resource Centers, serving families of brain-impaired adults. It works with other agencies to provide the best possible assistance to families caring for their loved ones. Most services are provided at no charge. For more information and assistance, contact Valley Caregiver Resource Center @ (800) 541-8614, or internet: www.valleycsrc.org.



FACEBOOK PAGE
WWW.FACEBOOK.COM/CALCITYFD/

[Kitchen Safety: How to Put Out a Grease Fire](#)

Cooking doesn't normally present a lot of danger. You might nick your finger while chopping vegetables or manage to burn a pan of roasting potatoes, but in terms of actual danger to us or our homes, not so much. Except for grease fires. Do you know what to do if your cooking oil catches fire?

A grease fire happens when your cooking oil becomes too hot. When heating, oils first start to boil, then they'll start smoking, and then they'll catch on fire. Most vegetable oils have a smoking point around 450°F, while animal fats like lard will start smoking around 375°F.

The very best safety is prevention. Whenever you're heating oil for pan-frying or deep-fat frying, stay in the kitchen. Use a heavy pot with a lid and clip a thermometer to the side so you know the temperature of the oil.

Keep an eye on the oil as it's heating. If you see wisps of smoke or smell something acrid, immediately turn down the heat or remove the pot from the burner completely. The oil won't immediately catch fire once it starts smoking, but smoke is a danger sign that it's well on its way to getting there.

If the worst happens and your oil does catch on fire, do the following:

- **Turn the Heat Off - Don't try to move the pot.** You might accidentally splash yourself or your kitchen with burning oil. And that would be bad.
- **Cover the Pot with a Metal Lid** - Fire cannot exist in the absence of oxygen. With the lid on (and the heat off), the fire should quickly consume all the oxygen and put itself out. Use a metal lid since glass will shatter.
- **Pour on Baking Soda** - Baking soda will extinguish grease fires, **but only if they're small**. It takes a lot of baking soda to do the job.
- **Spray the Pot with a Class B Dry Chemical Fire Extinguisher** - This is your last resort, as fire extinguishers will contaminate your kitchen. Still, it's better than the alternative if the fire is getting out of control.
- **Get Out and Call 911** - If the fire does break out of control, don't try to be a hero. Get out and find a phone to call 911.

Whatever you do, DO NOT do the following:

- **Do Not Use Water** - Pouring water can cause the oil to splash and spread the fire. The vaporizing water can also carry grease particles in it, also spreading the fire.
- **Do Not Move the Pot or Carry It Outside** - Throwing the pot outside might seem logical in the frenzy of the moment. But trying to move the pot might splash burning oil on you, your home, and anything outside.
- **Do Not Throw Any Other Baking Product on the Fire** - Flour might look like baking soda, but it won't react the same. Only baking soda can help put out a grease fire.

Hopefully you'll never be in a situation where you have to actually use this advice.

David Orr
 Fire Captain/Paramedic
 CERT Coordinator
dorr@calcityfire.us
 Office: 760-373-4841

"Remember: when disaster strikes, the time to prepare has passed...get prepared."

California City Fire
 Department
 20890 Hacienda Blvd.
 California Citv. CA 93505

CALL TO FIND OUT TIMES AND AVAILABILITY

TRANSPORTATION AROUND TOWN And the Antelope Valley

DIAL-A-RIDE

21000 Hacienda Blvd, California City, CA 93505
(760) 373-8665 (page 5)

- Dial-A-Ride services are available to all riders.
- All Dial-A-Ride services require a reservation least one day in advance to guarantee your ride.
- Same day service will be provided as available, on a first come, first served basis.
- Dial-A-Ride passengers may board or exit the bus at any safe location within the service area.
- Service is provided on paved and maintained roads ONLY.
-
- Kern Transit provides passenger bus service between and in the rural communities of Kern County. There are 17 fixed transit routes, and Dial-A-Ride (DAR) service is available in most communities. The transit system offers intercity service between Arvin, Bakersfield, Bodfish, Boron, Buttonwillow, California City, Delano, Edwards, Frazier Park, Inyokern, Keene, Kernville, Lake Isabella, Lamont, Lebec, Lost Hills, McFarland, Mojave, Onyx, Ridgecrest, Rosamond, Shafter, Taft, Tehachapi, Wasco, Weldon, and Wofford Heights, along with local transit service. Connections to Metrolink in Lancaster are also available. Kern Transit is a division of the Kern County Roads Department.

CALIFORNIA CITY YELLOW CAB
760-338-3494

If you know of other modes of transportation, or any change, please let me know and I will correct the changes...Thanks!



*My day starts backwards.
I wake up tired
and go to bed wide awake!*

Churches of California City

FIRST BAPTIST CHURCH

8770 Lupine Loop Dr. (760) 373-4967

CALIFORNIA CITY CONGREGATION OF JEHOVAH'S WITNESSES

19649 Airway Blvd. (760) 373-2568

SOLID ROCK MISSIONARY BAPTIST CHURCH

21232 Kenniston St. (760) 373-1872

CALIFORNIA CITY COMMUNITY CHURCH

21001 Conklin Blvd. (760) 373-2346

CHURCH OF CHRIST

20546 Lehigh St. (760) 373-2870

OUR LADY OF LOURDES PARISH

9970 California City Blvd. (760) 373-2256

DESERT SONG FOURSQUARE GOSPEL

20849 Hacienda Blvd. (760) 338-3633

NEW LIFE ASSEMBLY OF GOD

21924 Calhoun Dr. (760) 373-7813

FAITH MIRACLE HOLYNESS CHURCH

20906 Neuralia (760) 550-7152

EDWARDS AFB PRESCRIPTION POLICY

As of June 15, 2021, the Edwards AFB Pharmacy will no longer accept faxed prescriptions.

Please start sending your prescriptions electronically by that date. Search in your software for:
DOD EDWARDS EPHCY

Questions or concerns, call Pharmacy at 661-277-2052

Urgent Care Clinic

It opened January 20th offering medical, lab, and x-ray services! Here's some info. The offerings include workers' compensation care, pre-employment drug tests and physicals as well as vaccinations. Telemedicine consultation. (Info from MDM)

8100 Cal City Blvd (Aspen Mall)

Hours: Mon-Fri, 9 am-6 pm

661-651-6608

HOURS OF BUSINESS:

MON-FRI 10:00 am-1:00 pm
EXCEPT HOLIDAYS



2023

				<p>1 Fri</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Bingo Card Sales: 12:30pm BINGO: 1:00 pm</p>
<p>4 Mon</p>	<p>5 Tues</p> <p>Strata Sports Center Walk the Strata 11-12</p>	<p>6 Wed</p> <p>Craft Club 10:00</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Easy Exercise with AI 9-10 am</p>	<p>7 Thu</p> <p>Pinochle</p>	<p>8 Fri</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Bingo Card Sales: 12:30pm BINGO: 1:00 pm</p>
<p>11 Mon</p> <p>Pool~Darts~Cards</p> <p>Any Day Board Games, Cards Pool Table, TV</p> <p>Easy Exercise with AI 9-10 am</p>	<p>12 Tues</p> <p>Strata Sports Center Walk the Strata 11-12</p>	<p>13 Wed</p> <p>Craft Club 10:00</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Easy Exercise with AI 9-10 am</p>	<p>14 Thu</p> <p>Pinochle</p>	<p>15 Fri</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Bingo Card Sales: 12:30pm BINGO: 1:00 pm</p>
<p>18 Mon</p> <p>Pool~Darts~Cards</p> <p>Any Day Board Games, Cards Pool Table, TV</p> <p>Easy Exercise with AI 9-10 am</p>	<p>19 Tues</p> <p>Strata Sports Center Walk the Strata 11-12</p>	<p>20 Wed</p> <p>BIRTHDAY PARTY NOON</p> <p>Easy Exercise with AI 9-10 am</p>	<p>21 Thu</p> <p>Pinochle</p>	<p>22 Fri</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Bingo Card Sales: 12:30pm BINGO: 1:00 pm</p>
<p>25 Mon</p> <p>Pool~Darts~Cards</p> <p>Any Day Board Games, Cards Pool Table, TV</p> <p>Easy Exercise with AI 9-10 am</p>	<p>26 Tues</p> <p>Strata Sports Center Walk the Strata 11-12</p>	<p>27 Wed</p> <p>Craft Club 10:00</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>BOARD MEETING 1:00</p> <p>Easy Exercise with AI 9-10 am</p>	<p>28 Thu</p> <p>Pinochle</p>	<p>29 Fri</p> <p>Strata Sports Center Walk the Strata 11-12</p> <p>Bingo Card Sales: 12:30pm BINGO: 1:00 pm</p>





KCAASD Senior Nutrition Program

September 2023

Reservations/Cancellations 661-221-3927

Rosamond/Cal City/Mojave

Menus are subject to change without prior notice

Monday	Tuesday	Wednesday	Thursday	Friday
4  NO MEALS TODAY	5 Chicken & White Bean Chili Green Beans Fresh Fruit Corn Muffin <u>Juice</u> Milk	6 Pork Adobo Broccoli** Green Salad White Rice <u>Tropical Fruit</u> Hawaiian roll Milk	7 Sloppy Joe Glazed Carrots** <u>Blushing Pears</u> <u>Fruit Crisp</u> Milk	8 Mushroom Chicken Capri Veggies** Brown Rice <u>Mandarin Oranges</u> Wheat Roll Milk
11 Cheese Ravioli w/Meat Sauce Italian Broad Bean** Fresh Fruit Garlic Bread <u>Juice</u> Milk	12 Ham w/ Pineapple Glaze <u>Brussel Sprouts</u> Potatoes Au Gratin Apricots** Wheat Roll  <u>Milk/Juice</u>	13 Turkey & Rice Casserole Peas & Carrots** Spring Salad Mix Banana <u>Juice</u> Milk	14 Beef Tips w/ Gravy Mashed Potatoes Steamed Cabbage Pineapple Casserole <u>Juice</u> Milk	15 Chicken Pesto Pasta Yellow Squash <u>Ambrosia Salad</u> Sourdough Roll Milk
18 Aloha Chicken Green Beans** White Rice Fresh Fruit Hawaiian Roll <u>Juice</u> Milk	19 Tamale Pie Carrots** Cucumber & Tomato Salad <u>Fruit & Cottage Cheese</u> <u>Milk/Juice</u>	20 Chicken Fettucine Alfredo Capri Veggies Green Salad <u>Yogurt</u> Bread Sticks <u>Milk/Juice</u>	21 BBQ Pork Rib Patty Asparagus Risotto <u>Moroccan Carrot & Garbanzo Salad**</u> <u>Watermelon</u> Wheat Roll  <u>Juice</u> Milk	22 Senior Day @ Fair Loaded Baked Potato Chuckwagon Corn** <u>Broccoli Raisin Salad</u> <u>Peaches</u> Garlic Bread Churro Milk 
25 Beef Frito Pie French Green Beans <u>Fresh Plum</u> <u>Juice</u> Milk	26 Almond Chicken Dijon Broccoli Au Gratin** <u>Beet, Orange, & Spinach Salad**</u> Sourdough Roll Milk	27 Egg Salad Sandwich Herb Tomato Salad** <u>Mandarin & Pineapple Mix</u> <u>Juice</u> Milk	28 Mediterranean Chicken Breast Vegetable Couscous Green Salad Applesauce Bread Pudding <u>Milk/Juice</u>	29 Meat Spaghetti Zucchini Spring Salad Mix Pears Garlic Bread <u>Juice</u> Milk
October 2 Sweet & Sour Meatballs Carrots** Brown Rice <u>Fruit Cocktail</u> Hawaiian Roll Milk	October 3 Soft Tacos Chuckwagon Corn Pinto Beans <u>Cottage Cheese & Fruit</u> <u>Milk/Juice</u>	October 4 Turkey Pastrami Sandwich <u>Carrot Pineapple Salad**</u> <u>Mango & Yogurt</u> Milk	October 5 Crispy Baked Chicken Peas Pineapple Pilaf <u>Cranberry Applesauce</u> Sweet Potato Biscuit Milk	DONATIONS: Check or Money Order payable to: KCAASD Thank You

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

Underlined items meet 1/3 of the DRI's for Vitamin C

Suggested Donation Age 60+ - \$3.00; Non-seniors meal cost - \$6.00

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

= More than 1000 mg Sodium

