

JUNE 2022



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6/1 Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on a Thin Bun Tomato Basil Soup 4 Bean Salad C Citrus Fruit	6/2 Beef Lo Mein Bean Medley C Cauliflower Fruit Punch Sherbet	6/3 Oven Fried Chicken Drumstick Cabbage Roll Soup C Whipped Yams Green Beans Roll w/Butter Peaches
6/6 Beer Battered Fish Clam Chowder Apple Juice Potato Wedges C California Vegetables Tartar Sauce, Vinegar Brownie	6/7 Turkey a la King over Brown Rice Sliced Carrots Marinated Zucchini Salad C Mandarin Oranges	6/8 Spaghetti & Meatballs w/Parmesan Cheese Mixed Vegetables Italian Green Beans C Tropical Fruit	6/9 Chicken Piccata C Mashed Potatoes Italian Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	6/10 + Ham & Swiss Sandwich Lettuce, Tomato, Onion on Rye Bread Split Pea Soup Potato Salad Marinated Beets & Onions Mustard, Mayonnaise C Citrus Fruit
6/13 Baked Ziti w/Turkey Bean Medley Green Salad w/Dressing C Tropical Fruit	6/14 Alaskan Salmon Patty w/Dill Sauce Scandinavian Vegetables C Cauliflower Wild Rice Seasonal Fresh Fruit	6/15 + Bean & Cheese Burrito w/Enchilada Sauce and Cheese Mexicali Corn Tossed Salad w/Dressing C Citrus Fruit	6/16 BBQ Pulled Pork on a Bun Corn Chowder Potato Salad C Broccoli Cinnamon Applesauce	6/17 Chicken Florentine C Mashed Potatoes Asparagus Spears Italian Vegetables Banana Ice Cream
6/20 JUNETEENTH HOLIDAY	6/21 Salisbury Steak w/Onion Gravy C Mashed Potatoes Bean Medley Roll w/Butter Fresh Apple	6/22 Turkey Divan over Rice Pilaf Scandinavian Vegetables Tossed Salad w/Dressing C Cantaloupe	6/23 Mock Crab Salad Lettuce, Tomato, Onion on French Bread Chicken Orzo Soup 3 Bean Salad C Tropical Fruit	6/24 Beef & Vegetable Stew Roll w/Butter Green Beans Tossed Salad w/Dressing Orange Gelatin C w/Mandarin Oranges
6/27 Breaded Pollock w/Tartar Sauce Mixed Vegetables Cheesy Scalloped Potatoes C Coleslaw Seasonal Fresh Fruit	6/28 Asian Chicken Salad (Sliced Chicken Breast, Spring Mix, Sesame Seed Dressing, Crispy Noodles) C Mandarin Oranges Egg Drop Soup Garden Pea Salad Dinner Roll w/Butter Pudding	6/29 Cheeseburger Lettuce, Tomato, Onion Mushroom Barley Soup 3 Bean Salad w/Carrots Potato Salad Hamburger Bun Catsup, Mustard, Mayo C Fresh Orange	6/30 Creamy Vegetable Lasagna Grape Juice C Brussels Sprouts Italian Vegetables Sherbet	

NOTES

All meals served with lowfat milk.

Vitamin A
C Vitamin C

+ Higher in sodium
^ Dessert of Choice

VEGETARIAN OPTIONS AVAILABLE!

Call (925)757-7325 to reserve. Must reserve by 11:15am the business day prior.



ANTIOCH SENIOR CENTER

Monday-Friday 8AM-4PM
925-778-1158

CENTER CLOSED ON MONDAY, JUNE 20TH IN OBSERVANCE OF JUNETEENTH HOLIDAY

Computer & Android Phone Training

Mondays from 10am-11am

Starting June 6

Media Room

Max 4 People in Class

First Come-First Serve Basis



Red Hawk Casino Bus Trip

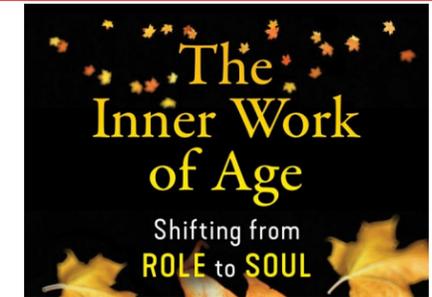


Tuesday, June 21

8:30am-5pm

Cost: \$40

For more information speak to Mary at the
Front Desk.



Group Discussion

Mondays 9:30am-10:30am

Beginning June 13

Discuss and Share:

- Your Lifelong Journey
- Find Meaning to Life
- Dive into the different aspects of Aging
- A New Stage of Development

Books will be provided.
Please Sign-up at the Front Desk to Reserve a
Spot.



In Partnership with



Monthly Education Workshop:

Home Fit

Thursday, June 23 at 10am

Get some tips on practical tips for assessing
your current home to stay safe and
independent.

Sign up at the Front Desk!

Mark your calendar for Friday, July 1 for the
Senior Picnic from 11am-1pm

HICAP

(Appointment Only)
 (925) 655-1393
 3rd Tuesday of
 Every Month
 1:00pm-4:00pm

LEGAL ASSISTANCE

(Appointment Only)
 (925) 778-1158
 General Legal Advice
 2nd Monday of
 Every Month
 9:00am-12:00pm

Will Services
 3rd Monday of Every
 Month
 Next Available
 Appointment: July 18
 10:00am-12:00pm

SPECIAL INTEREST

Trinkets & Treasure
 Every 1st Monday
 of the Month
 9:00am-11:00am

**Friends of Antioch
 Seniors Meeting**
 Monday, June 27
 10:00am-11:00am

AARP Workshop
 Tuesday, June 23
 Topic: Home Fit
 10:00am-11:00am

Senior Picnic
 Friday, July 1
 11:00am-1:00pm

June 2022

Monday	Tuesday	Wednesday
		1 8:00am Billiards 9:00am Tai Chi 9:15am Run, Walk & Roll 10:00am Ukulele 10:00am Run, Walk & Roll 10:30am Beg. Exercise 12:00pm Painting Class
6 8:00am Billiards 9:00am Tai Chi 9:00am Trinkets & Treasure 9:00am Senior Counseling 10:00am Computer/Phone Training 10:00am Cane-do 10:30am Beg. Exercise 12:00pm Painting Class	7 8:00am Billiards 9:00am Intro to Chess 9:15am Run, Walk & Roll 10:00am Musicise 12:30pm Knitting & Crochet	8 8:00am Billiards 9:00am Tai Chi 9:15am Run, Walk & Roll 10:00am Ukulele 10:30am Beg. Exercise 12:00pm Painting Class
13 8:00am Billiards 9:00am Gen. Legal Advice 9:00am Tai Chi 9:30am Inner Work of Age 9:00am Computer/Phone Training 10:00am Cane-do 10:30am Beg. Exercise 12:00pm Painting Class	14 8:00am Billiards 9:00am Intro to Chess Tai Chi Run, Walk & Roll 10:00am Musicise 12:30pm Knitting & Crochet 1:00pm HICAP	15 No Classes Lunch Program Only
20 	21 8:00am Billiards 8:30am Casino Trip 9:00am Intro to Chess 9:15am Run, Walk & Roll 10:00am Musicise 12:30pm Knitting & Crochet	22 8:00am Billiards 9:00am Tai Chi 9:15am Run, Walk & Roll 10:00am Ukulele 10:30am Beg. Exercise 12:00pm Painting Class
27 8:00am Billiards 9:00am Tai Chi 9:30am Inner Work of Age 10:00am Computer/Phone Training 10:00am Cane-do 10:30am Beg. Exercise 12:00pm Painting Class	28 8:00am Billiards 9:00am Intro to Chess 9:15am Run, Walk & Roll 10:00am Musicise 12:30pm Knitting & Crochet	29 8:00am Billiards 9:00am Tai Chi 9:15am Run, Walk & Roll 10:00am Ukulele 10:30am Beg. Exercise 12:00pm Painting Class

COVID-19 Testing Site
Antioch Community Center
 Call 833-829-2626 to make an appointment.
 Monday-Sunday
 11:00-3:00pm, 4:00-7:00pm

COVID-19 Vaccination Clinic
Nick Rodriguez Community Center
 Call 833-829-2626 to make an appointment.
 Tuesdays-Saturdays from 8:00—3:00pm

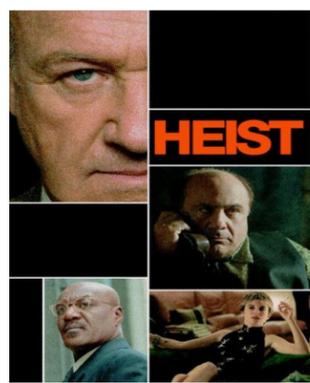
*****All program dates and class times are subject to change*****

Thursday	Friday
2 8:00am Billiards 8:30am Hula 9:15am Run, Walk & Roll 10:00am Up Tempo 10:00am Band 10:00am Line Dance 1:00pm Bingo	3 8:00am Billiards 9:30am Arts & Crafts 10:00am Up Tempo 10:30am Beg. Exercise 12:00pm Movies CHP's Age Well Drive 1:00pm Safe
9 8:00am Billiards 8:30am Hula 9:15am Run, Walk & Roll 10:00am Up Tempo 10:00am Band 10:00am Line Dance 1:00pm Bingo	10 8:00am Billiards 9:30am Arts & Crafts 10:00am Up Tempo 10:30am Beg. Exercise 12:00pm Movies
16 8:00am Billiards 8:30am Hula 9:15am Run, Walk & Roll 9:45am Up Tempo 10:00am Band 10:00am Line Dance 1:00pm Bingo	17 8:00am Billiards 9:30am Arts & Crafts 10:00am Up Tempo 10:30am Beg. Exercise 12:00pm Movies
23 8:00am Billiards 8:30am Hula 9:15am Run, Walk & Roll 10:00am Home Fit—AARP 10:00am Up Tempo 10:00am Band 10:00am Line Dance 1:00pm Bingo	24 8:00am Billiards 9:30am Arts & Crafts 10:00am Up Tempo 10:30am Beg. Exercise 12:00pm Movies
30 8:00am Billiards 8:30am Hula 9:15am Run, Walk & Roll 10:00am Up Tempo 10:00am Band 10:00am Line Dance 1:00pm Bingo	July 1 8:00am Billiards 9:30am Arts & Crafts 10:00am Up Tempo 10:30am Beg. Exercise 11:00am Senior Picnic 12:00pm Movies

Senior Peer Counseling (Appointment Only)
 Every Other Monday:
 9:00am-11:00am—Call (925) 778-1158

MOVIES AT THE CENTER

June 3: Heist (2001)
 Duration— 1hr 48 min
 Cast: Gene Hackman, Danny DeVito, Delroy Lindo
 Master thief Joe Moor is blackmailed by his longtime partner into taking his nephew on one last dubious job: hitting a Swiss cargo plane full of gold.



June 10: The Other Guys (2010)
 Duration— 1 hr 47min
 Cast: Will Ferrell, Mark Wahlberg, Eva Mendes.
 Desperate to be the top cops on the force, two misfit detectives break free from their desk job and stumble onto the biggest case of their careers.



June 17: Enola Homes (2020)
 Duration— 2 hr 4 min
 Cast: Millie Bobby Brown, Henry Cavill, Sam Claflin.
 While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.



June 24: How Do You Know (2010)
 Duration— 2 hr
 Cast: Reese Witherspoon, Paul Rudd, Owen Wilson.
 Feeling spurned after being cut from the national team, newly single softball player finds herself in a heated love triangle.

