

December 2011

To RSVP or cancel your meal please call your site.
 Corning 824-4727 Los Molinos 527-2414
 Red Bluff 527-2414

| Sun | Mon | Tues | Wed | Thurs | Fri | Sa |
|-----------|---|---|---|---|--|-----------|
| | MENU IS SUBJECT TO CHANGE. 2% Milk Served With Each Meal. | | | 1 Chicken Fried Steak Mashed Potatoes Zucchini & Cauliflower Wheat Roll Fruit Ambrosia | 2 Stuffed Salmon with Morney Sauce Broccoli Cranberry Juice Apricot Pineapple Cobbler | 3 |
| 4 | 5 Chili Orange Beet Salad Pineapple Coleslaw Cornbread Peach Crisp | 6 VEGETARIAN MENU Spinach Cheese Ravioli Pacific Blend Veg Apple Juice Garlic Bread Pears | 7* Scalloped Potatoes & Ham Peas & Carrots Wheat Roll Pineapple Orange Juice Strawberries | 8 BBQ Chicken Baked Bean Medley Macaroni Salad Fruit Juice Seasoned Bread Stick Mixed Berries | 9 HEALTHY HEART ETHNIC MENU DAY Pork Chow Mein Chow Mein Noodles Stir Fry Vegetables Oriental Coleslaw Pineapple Chunks Fortune Cookies | 10 |
| 11 | 12 * Chicken Ala King Peas & Carrots Biscuit Beets Mango Medley | 13 Clam Chowder Assorted Crackers 3-Bean Salad Cranberry Juice Apple Oatmeal Cake | 14* Chicken Parmesan Scalloped Potatoes with Crumbs Broccoli Wheat Bread Apricots | 15 ETHNIC MENU DAY Beef Tamale Pie Refried Beans Green Salad Fresh Orange Wedges C | 16 HEALTHY HEART DAY Vegetable Beef Soup Wheat Crackers Carrot Raisin Salad Orange Pineapple Juice Cottage Cheese & Pears | 17 |
| 18 | 19 Hot Turkey Sandwich Mashed Potatoes Green & Yellow Squash Wheat Bread Strawberries | 20 Porcupine Meatballs Cauliflower Grape Juice Cornbread Luau Fruit Cup | 21 Beef Burgundy Noodles Butternut Squash Cherry Apple Juice Wheat Roll Mandarin Oranges | 22* CHRISTMAS DINNER Pork Roast, Dressing Broccoli Applesauce Cranberry Pear Cobbler | 23 CLOSED FOR HOLIDAY | 24 |
| 25 | 26 CLOSED FOR HOLIDAY | 27 Beef Stew w/Potatoes Carrots/Peas/Beans Biscuit Pineapple Orange Juice Mixed Berries | 28 Polish Sausage German Potato Salad Red Cabbage Cranberry Juice Rye Bread Baked Apple | 29* VEGETARIAN MENU Tomato Basil Quiche Mixed Greens Pickled Beets Banana Nut Muffin Cherry Dump Cake | 30 CLOSED FOR HOLIDAY | 31 |



Corning Senior Center Newsletter



December 2011

1015 4th Ave. Corning, CA 96021

530-824-4727

8 a.m.-1 p.m.

Mon.-Fri.

THANKSGIVING LUNCHEON SLATED FOR NOVEMBER 23RD

A turkey luncheon is being planned for Wednesday, November 23rd by Senior Nutrition and will include a complete Turkey Dinner for a suggested donation of \$2.75 for Seniors and \$6.00 for non-seniors. A Silent Auction of donated items is also planned with all proceeds going to benefit the Corning Senior Center. Please sign up early as seating is limited.

SENIOR FAIR INVITES SENIORS TO LEARN BENEFITS

The Annual Corning Senior Fair was a great success bringing seniors out to learn about the many service agencies available to them. Over twenty booths of service agencies, social clubs and merchants were on hand to lend a helping hand in Senior Issues. Local agencies were delighted to have the opportunity to come to Corning and allow Seniors to learn about their many benefits.

HOB GOBLINS INVADE SENIOR CENTER - JOHNNY MAC TAKES 1ST PLACE

Seniors dress for a Spooky time and fun at the CSC for a Halloween Party. The Trophy went to the good looking gal in the Bikini.



SENIORS RIDE CVFD FIRE ENGINES ON VETERAN'S DAY



It was a great day to ride in a parade, as many Seniors participated in the Veteran's Day Parade & BBQ held Nov. 11th at the Memorial Hall. A great



big Thank You goes out to the CVFD who brought out many Fire Engines to get Seniors down the parade route.

SCHEDULE OF EVENTS DATES/TIME

| | | |
|-----------------|----------------------|-----------|
| CUHS CHOIR | DEC 7 TH | 11:00 AM |
| LEGAL AIDE | DEC 13 TH | 1:00 P.M. |
| COMMODITIES | DEC 14 TH | 8AM-12 PM |
| CSC EX. BD | JAN 18 TH | 12:15 PM |
| AARP MEETING | DEC 15 TH | 2:00 PM |
| CHRISTMAS PARTY | DEC 22 ND | 11:00 AM |
| ART GROUP | TUESDAY | 12:30 PM |
| JAMMER'S | TUESDAY | 6 PM |
| CARD PLAYERS | WEDNESDAY | 12:30 PM |
| BINGO | THURSDAY | 9:30 AM |

THE SENIOR CENTER IS AVAILABLE FOR RENTAL WITH REASONABLE RATES & IS A CLEAN, WELL MAINTAINED FACILITY 824-4727

CHRISTMAS FLORAL DESIGN BY DARRELL OF ANNIE'S GARDEN - TUES, DEC. 13TH - 12 PM
SEE SIGN UP SHEET FOR MORE INFORMATION