

Monday

Tuesday

Wednesday

Thursday

Friday



7/1 - Liberty Loot Crawl
7/2 - Patriotic Pet Contest
at Concerts in the Park



11:30am Lunch
Atlantic salmon,
wok-seared chicken, vegetables,
fruit & milk
No Table Tennis



1



No Fit & Talk

11:30am Patriotic Picnic



No Lunch

No Table Tennis



2

Closed for
Independence Day

3



11:30am Lunch

Honey glazed walnut shrimp,
vegetables, rice & milk

Table Tennis | 8am-12pm

1:30 Monday Dance

Global Affair



6



11:30am Lunch

Chicken and beef taco,
rice, beans, salsa, fruit, tea & dessert

12:30pm Movie

The Pink Panther



7

11:30am Lunch | Freezer Pop Day
Teriyaki Chicken, noodles w/
shredded pork, vegetables & milk

8

#TBT

10am Fit & Talk | Tai Chi

11:30am Lunch

Crispy salt & pepper pork, wok
seared chicken w/ cashews,
vegetables, rice, tea & dessert

12:30pm Karaoke



9



11:30am Lunch

Turkey & cheese sandwich, potato
salad, fruit & juice

12:30pm World Cup Bunco



10



11:30am Lunch

Stir-fried udon with pork,
black bean & pepper fish fillet,
vegetables, fruits & milk

12:30pm Seminar

Cancer Support Community SGV

13

10am Blood Pressure

14

11:30am Lunch | Birthday Celebration

Chicken fajitas, chips,
beans, salsa
fruit, tea & dessert

12:30pm Movie

Enola Holmes



15



11:30am Lunch

Japanese-style chicken curry
crispy breaded pork cutlet,
vegetables, rice & milk

#TBT

10am Fit & Talk | Chair Zumba

11:30am Lunch

Chicken w/ zucchini
crispy seaweed-crust fish fillet,
vegetables, rice & milk

11:30am Taste the Town

Kura Revolving Sushi Bar

16



11:30am Lunch

Fish fillet with cauliflower, braised
pork with pumpkin, vegetables, rice,
fruit & juice

4pm Tech Talk

17

20

11:30am Lunch | Fortune Cookie Day

Beef, pan-fried egg w/ minced pork,
vegetables, steamed rice, fruit & milk

Table Tennis | 8am-12pm

1:30 Monday Dance

Nightlife



9am Coffee with the Mayor

10am HICAP

11:30am Lunch

Chile verde, rice, beans, salad, tea &
dessert

12:30pm Movie

The Lovely Bones



21



11:30am Lunch

Kung pao chicken, tofu w/ minced
pork, vegetables, steamed rice & milk

6pm Health Education Series

Hernia Explained

22

#TBT

10am Fit & Talk | Balance

11:30am Lunch

sweet corn pork patty, cucumber,
shrimp, vegetables, rice, tea &
dessert

2pm Karaoke



23



10am NLSLA

10am Traveler's Meeting

11:30am Lunch

Chicken with pumpkin, shrimp fried
rice, vegetables, fruit & juice

4pm Tech Talk

No Table Tennis

24



11:30am Lunch

Chicken, salad, shrimp tofu, rice, fruit
& milk

12:30pm Seminar

Medicare Fraud Prevention

27



11:30am Lunch

Fish fillet, eggplant & tofu w/
minced pork, vegetables, rice, tea &
dessert

12:30pm Movie

Wake Up Dead Man:
A Knives Out Mystery



28



11:30am Lunch

Turkey farfalle, salad, biscuit, fruit &
milk

29

#TBT

10am Fit & Talk | Walk & Groove

11:30am Lunch

Scallion oil chicken, shrimp eggroll,
vegetables, rice, fruit, tea & dessert

30



10am Totally Groovy Bingo

No Lunch

No Table Tennis



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