

Monday	Tuesday	Wednesday	Thursday	Friday
	1  11:30am Lunch Pork chilli verde, rice, beans, chips, salsa, juice & fruit 12:30pm Movie School of Rock 	2  11:30am Lunch Lemongrass pork chops, kung pao shrimp, vegetables, rice, soup & dessert	3 #TBT 10am Fit & Talk Qigong 11:30am Lunch Shredded chicken cold noodles, cucumber, carrots, shrimp egg Roll, milk & dessert	4  11:30am Lunch Atlantic salmon, stuffed cucumber w/ pork, vegetables, rice, juice & dessert 12:30 Social Hour 
Closed for 7 	8 10am Blood Pressure 11:30am Lunch Birthday Celebration Taco - chicken & beef, rice, beans, salsa, milk & fruit 12:30pm Movie Freedom Writers 	9 11:30am Lunch Teriyaki chicken tomato w/ egg, vegetables, soup & dessert	10 #TBT 10am Fit & Talk Walk to Santa Anita Mall 11:30am Lunch Spaghetti w/ meat sauce, garlic bread, celery & baby carrot dip, milk & fruit  12:30pm Karaoke	11  11:30am Lunch Seaweed fried fish, spicy eggplant, vegetables, rice, juice, dessert 5pm Western Hoedown 
14  11:30am Lunch Hong Kong style noodles, pork chops, vegetables, milk & fruit 1:45pm Seminar Discover Qigong	15  9am Coffee with the Mayor 10am HICAP 11:30am Lunch Chicken fajita, rice, beans, chips, salsa, juice & dessert 12:30pm Movie Akeelah and the Bee 	16  11:30am Lunch Cinnamon Raisin Bread Day Dim sum platter- cha siu bao, sticky rice, bean curd roll, sesame ball, soup & fruit	17 #TBT 10am Fit & Talk Full Body Chair Workout 11:30am Lunch Popcorn chicken, pineapple seafood fried rice, vegetables, milk & dessert 11:30am Taste the Town Shwe Taung	18  No Table Tennis 10am Traveler's Meeting 11:30am Lunch Fish fillet w/black bean sauce, steamed egg w/ imitation crabmeat, vegetables, rice, juice & fruit 4pm Tech Talk 4pm Greek Festival Excursion
21  11:30am Lunch Steamed meat patty, shrimp w/ tofu, vegetables, rice, milk & fruit Table Tennis 8am-12pm 1:30pm Monday Dance Tony DiGiovanni 	22  11:30am Lunch Taco- Fish, rice, beans, salsa, juice & dessert 12:30pm Seminar USC Arcadia Common Urologic Conditions in ages 50+  12:30pm Movie Stand and Deliver	23 11:30am Lunch Stir fried vermicelli w/ squash, pork ribs, vegetables, soup & fruit 6pm Health Education Series Understanding Flu & Importance of Adult Vaccines	24 #TBT 10am Fit & Talk Indoor Walk Workout 11:30am Lunch Turkey sandwiches, potato tots, coleslaw, milk & dessert  12:30pm Karaoke	25  No Table Tennis 11:30am Lunch 10am NLSLA 11:30am Moon Festival 4pm Tech Talk
28  11:30am Lunch Japanese curry chicken, shrimp tempura, vegetables, rice, milk & fruit 12:30pm Seminar Waste Sorting Regulations	29  11:30am Lunch Pork birria, rice, beans, chips, salsa, juice & dessert 12:30pm Movie Ferris Bueller's Day Off 	30  11:30am Lunch National Coffee Day Tomato beef w\ egg, mackerel, vegetables, rice, soup & fruit	 SEPTEMBER CONNECTION 	