

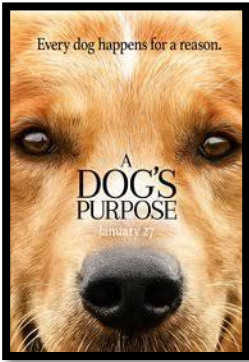
Carlsbad Paradise Café by the Sea

November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Every dog happens for a reason.</p> <p>A DOG'S PURPOSE January 27</p> <p>Monthly Movie November 9</p>	 <p>Bingo Every Tuesdays – 1 p.m.</p>	<p>1</p> <p>Honey Glazed Ham** Pineapple, Roasted Sweet Potatoes, Green Beans, Cornbread Pudding</p> <p>Alternate Salad Caesar Salad with Grilled Chicken, Carrots</p>	<p>2</p> <p>Cream of Spinach Soup* Chicken Caesar Wrap Crackers Tropical Fruit Salad</p>	<p>3</p> <p>Roast Beef* Gravy* Baked Potato Sour Cream, Scallions California Vegetables Dinner Roll Ice Cream with Mandarin Oranges</p>
<p>6</p> <p>Spaghetti Bolognaise Meat Sauce Tossed Salad Spinach Garlic Bread Fresh Fruit</p>	<p>7</p> <p>Luau Chicken Pineapple, Ginger, Green Pepper & Onion Coconut Rice Stir Fried Vegetables Sweet & Sour Cabbage Ice Cream w/ Pineapple</p> 	<p>8</p> <p>Roast Pork Mashed Potatoes Mushroom Gravy Broccoli Dinner Roll Apple Sauce</p> <p>Alternate Salad Grilled Chicken Salad, Carrots</p>	<p>9</p> <p>Salisbury Steak Mashed Potatoes Gravy* Peas & Carrots, Stewed Tomatoes Bread Pudding with Whiskey Sauce</p> <p>"A Dog's Purpose" 1 p.m. in Auditorium 3 p.m. in TV Lounge</p>	 <p>Limited Services No Meals</p>
<p>13</p> <p>Tarragon Chicken Rice & Lentil Pilaf Mixed Vegetables Spinach Salad Mandarin Oranges</p>	<p>14</p> <p>Braised Beef Mushrooms in Red Wine Sauce, Bowtie Pasta Broccoli & Carrots Pears with Chocolate Sauce</p> <p>Armchair Theater: "Café Society" 1 & 3 p.m. in TV Lounge</p>	<p>15</p> <p>Salmon with Hollandaise Parsley Potatoes Green Beans Carrot Salad with Pineapple, Cake</p> <p>Alternate Salad Oriental Chicken Salad, Carrots</p>	<p>16</p> <p>Meatloaf Mashed Potatoes Gravy* California Vegetables Wheat Bread Ice Cream with Fruit</p>	<p>17</p> <p>Philly Chicken on Roll Sautéed Mushrooms, Peppers & Onions Provolone Cheese Tossed Salad Potato Salad Fresh Fruit</p>
<p>20</p> <p>Cheese Tortellini* with Chicken Brandied Tomato Cream Sauce Spinach Caesar Salad Garlic Bread Fresh Fruit</p>	<p>21</p> <p>Ginger Beef Rice, Oriental Blend Vegetables Asian Cabbage Salad Mandarin Oranges</p> <p>Armchair Theater: "Bakery in Brooklyn" 1 & 3 p.m. in TV Lounge</p>	<p>22</p> <p>Roast Turkey* Herbed Bread Stuffing* Mashed Potatoes Gravy*, Green Beans Coleslaw Cranberry Sauce Pumpkin Pie Whipped Cream</p>	<p>23</p> 	<p>24</p>  <p>Limited Services No Meals</p>
<p>27</p> <p>Tostadas Seasoned Ground Beef Refried Beans* Rice Shredded Lettuce Diced Tomatoes Shredded Cheese Sour Cream, Salsa Tostadas Tropical Fruit</p>	<p>28</p> <p>Meat & Cheese Lasagna* Marinara Sauce Peas, Greek Salad Garlic Bread Banana Pudding</p> <p>Armchair Theater: "One Fine Day" 1 & 3 p.m. in TV Lounge</p>	<p>29</p> <p>Tilapia with Lemon & Caper Sauce* Yellow Rice Broccoli & Carrots Cucumber & Tomato Salad Sherbet</p> <p>Alternate Salad Southwest Chicken Salad, carrots</p>	<p>30</p> <p>Honey Bourbon Glazed Chicken Breast Roasted Sweet Potatoes Corn Peach Compote on a Biscuit</p>	<p>Menu subject to change</p> <p>Reservations: 760-602-4655 ** = 500+MG * = 300-500 MG Sodium</p>

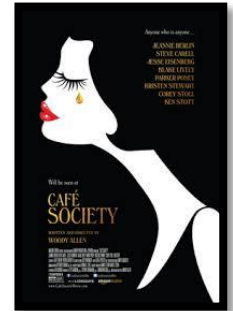
Carlsbad Paradise Café by the Sea

For information call: 760-602-4650



The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you need not be a city of Carlsbad resident to dine. A \$5 lunch fee applies to non-senior guests of seniors.

Advance reservations can be made in person, by calling 760-602-4655. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling 760-602-4655.



Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call 760-602-4650.

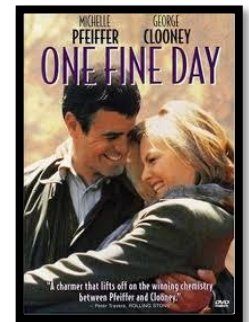
Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance.

For all transportation reservations, call 760-602-4650.



Wednesdays, transportation is available for shopping. Call 760-602-4650 for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

No eligible person will be denied a meal or transportation because of failure or inability to contribute. This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.



NOVEMBER SENIOR SPECIALS

11/1	9:45 to 11:30 a.m.	Carlsbad Newcomers host – Prof. Nadine Anne Bopp - “Achieving Sustainability in the Home”
11/2	1:30 to 3:30 p.m.	Monthly Dance: The New Billy Harper Band, sponsored by Las Villas de Carlsbad. \$4.
11/8	10 to 11 a.m.	Seminar: Meditation - Keeping a Center of Calm in a World of Uncertainties
11/9	1 and 3 p.m.	Monthly Movie: “A Dog’s Purpose” - 1 & 3 p.m. in Auditorium
11/13	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: “The Zookeepers Wife,” by Diane Ackerman Morningstar Financial Education Lecture: Understanding the investment qualities of bond funds
11/14	1 & 3 p.m.	* Armchair Theater: “Café Society”
11/15	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Sharing Photos with Instagram Photoshop Elements - Slideshows
11/16	10 to 11:45 a.m.	Seminar: The ABC’s & Part D of Medicare 2018
11/20	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Balanced Funds for an Out-of-Balance World
11/21	1 & 3 p.m.	* Armchair Theater: “Bakery in Brooklyn”
11/27	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Overdoing Portfolio Diversification
11/28	10:30 to 11:30 a.m. 1 & 3 p.m.	*Seminar: Successful aging in place - senior home financing options * Armchair Theater: “One Fine Day”
11/29	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Edit Audio with Audacity NEW! Google Maps – Offline Maps NEW!
11/30	1 to 3 p.m.	Seminar: Southern California by Train - Trip & Tricks

* Requires reservations