El Dorado Park West
2800 N. Studebaker Rd
Long Beach, CA 90815
562 570-3227

Monday to Friday
9am-2pm
Staff at El Dorado Park West Community Center is committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

**Requirements**
RSVP/Sign in required to attend any class or activity. RSVP may be done over the phone or in person.

**HSA Senior Lunch Program**
DINE IN MEALS are served from 11:30-12:30 for those 60+.
Please call 562-429-4283

**City of Long Beach: Department of Parks, Recreation and Marine Community Recreation Services**

**December 2022 El Dorado West Senior Program Calendar**

<table>
<thead>
<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>5</td>
<td>Longevity Stick 8:45-9:45</td>
<td>6 Tech Support 9:00-11:00</td>
<td>7 Zumba Gold $5 9:00-10:00</td>
<td>1 Longevity Stick 8:45-9:45</td>
<td>2 Crochet &amp; Knitting 9:30-11:30</td>
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<td></td>
<td><strong>NO Chair Stretching</strong></td>
<td>Yoga with Susannah 9:30-10:30</td>
<td>Quilling 10:00-1:00</td>
<td>Bridge 10:00-2:00</td>
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<td>Mahjong 10:00-1:30</td>
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<td>27 Zumba Gold $5 9:00-10:00</td>
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<td>Rev. 12/1/22</td>
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<td></td>
<td>Senor Fitness $5 11:00-12:00</td>
<td>Change Without Notice**</td>
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<td>business day)!! For FROZEN MEALS, pick up is</td>
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<td>on Tuesdays from 11:30-12:30.</td>
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**Holiday Hours**

**Almost Ballet $5 10-11 23/2/22**

**Longevity Stick $5 10-11 20, 21 NO Chair Stretching**

**Zumba Gold $5 10-11 21 NO Chair Stretching**

**NO Chair Stretching**

**HSA Senior Lunch Program**

**DINE IN MEALS** are served from 11:30-12:30 for those 60+

**RSVP/Sign in required to attend any class or activity. RSVP may be done over the phone or in person.**

**Calendar/Menu Subject to Change Without Notice**
**HUMAN SERVICES ASSOCIATION “Where Caring Becomes Doing” EL DORADO SENIOR DINING CENTER DECEMBER 2022**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| ![December Image] | ![Christmas Image] | **SUGGESTED DONATION FOR SENIORS 60YRS & OLDER $2.25 FEE FOR NON-SENIORS $6.00** | 1 BEEF PICADO  
Corn Tortilla  
Black Beans  
Brown Spanish Rice  
Chopped Romaine Salad  
Greens w/Corn & Radish  
Mandarin Oranges  
2 Tomato Soup  
FISH LEMON DILL SAUCE  
Barley Pilaf  
Banana Squash  
Green Salad w/Red Onion  
Cantaloupe |
| 5 Mexican Vegetable Soup  
CHICKEN MOLE (L&T)  
Brown Spanish Rice  
Pinto Beans  
Carrot & Raisin Salad  
Orange | 6 BAKED FISH  
(Breaded)  
Barley Pilaf / Corn  
Spinach/Kale Salad  
w/Tomato  
Apple or Applesauce  
~ GRAB & GO Frozen Meals | 7 BEEF STROGANOFF  
WG Roll  
Egg Noodles  
Zucchini Medley  
Mesclun Mix Salad  
Cantaloupe | 8 BAKED ZITI (TURKEY)  
WG Pasta  
Sourdough w/Garlic Spread  
Peas & Carrots  
Green Beans  
Pineapple w/Mango |
| 12 MEATLOAF w/GRAVY  
WG Bread  
Mashed Potatoes  
Green Beans  
Ambrosia Salad  
Oatmeal Cookies | 13 Turkey Rice Soup  
BBQ CHICKEN  
WG Dinner Roll  
Broccoli  
Baked Beans  
Pears w/Cinnamon  
~ GRAB & GO Frozen Meals | 14 BLACKEN TILAPIA FISH (Unbreaded)  
WG Bread  
Barley Pilaf  
Peas & Onions  
Coleslaw  
Banana | 15 Mushroom Soup  
CHICKEN CHOP SUEY  
Brown Rice  
Oriental Vegetables  
Chopped Asian Salad  
w/Romaine & Green Onions  
Cantaloupe |
| 19 Happy December Birthdays  
Lentil Soup  
HERB CHICKEN  
WG Penne Pasta  
w/Marinara Sauce  
Carrots  
Marinated Beet Salad  
Tangerine / “Cake” | 20 PORK LOIN APPLE BERRY SAUCE  
Biscuit / Brown Rice  
Zucchini / Squash Medley  
Romaine Caesar Salad  
w/Croutons  
Chocolate Pudding  
~ GRAB & GO Frozen Meals | 21 Chicken Cilantro Soup  
BBQ HAMBURGER  
WG Bun  
Corn  
Broccoli Florets  
Yogurt  
Pear or Plum | 22 TURKEY CHILI  
Cornbread  
Baked Potato Wedges  
Chopped Kale & Spinach Salad  
w/Tomatoes  
Apple or Applesauce |
| 26 ALL SITES CLOSED FOR CHRISTMAS | 27 Cream of Corn Soup  
TUNA SANDWICH  
WG Bread  
Carrot Pineapple Slaw  
Shredded Brussels Sprouts & Cabbage Salad  
Cantaloupe  
~ GRAB & GO Frozen Meals | 28 Minestrone Soup  
LEMON PEPPER CHICKEN  
Brown & Wild Rice  
Green Bean Almandine  
Iceberg, Romaine, Bell Pepper & Red Onion Salad  
Mandarin Orange | 29 SPAGHETTI w/METBALLS  
WG Spaghetti  
Sourdough Bread  
w/Garlic Spread  
Broccoli  
Mesclun Mix Salad  
Pear |
| 29 ~GRAB & GO Frozen Meals | 30 New Year’s Luncheon!  
!BAKED HAM w/GLACE!  
WG Dinner Roll  
Baked Yam  
Broccoli Spears  
Green Salad  
Mango  
Apple Pie |

All MEALS SERVED WITH NONFAT OR 1 %LOW FAT MILK. PLEASE SEE SITE MANAGER FOR CHOICE OF FRUIT! HIGH SODIUM*MENU SUBJECT TO CHANGE WITHOUT NOTICE - This project is funded, in part by Los Angeles County Area Agency on Aging, through the Older Americans Act of 1965 as amended. RESERVATIONS TAKEN 24 HRS IN ADVANCE AT ALL SITES*