

# SARATOGA SENIOR CENTER WEDNESDAY LUNCH

**FEBRUARY LUNCHEES ARE BEING CATERED BY 5 GREAT LOCAL RESTAURANTS:  
LEBOULANGER, HONG'S GOURMET, BELL TOWER, EL POLLO LOCO, & OUR LADY OF FATIMA**

Lunch is served at noon. Members: \$8 Non-members: \$10. Reservations are required. Please call before noon on Tuesday to make your reservation at 408.868.1257. **Please let us know if you have any dietary restrictions.**

## FEBRUARY 1

Cream of Tomato Soup  
Caesar Salad  
Mini Turkey w/Jack  
Cheese Sandwich  
Chips  
Dessert

**CATERED BY  
LEBOULANGER**

### HEALTH TALK & PERFORMANCE

Join Ron Fredericks, who recently had complex Bilateral hip surgery, as he discusses his experience going through this surgery and the healing process. Also, he will have his musical band, called Larry's Minstrels and Magic Strings, perform a few songs. The band specializes in "Oldies but Goodies" and has 6 guitarists, a Mandolin player, a harmonica player and a few singers.

## FEBRUARY 8

Vegetable Delight Soup  
Shredded Chicken Salad  
Pot Sticker  
Mango Chicken  
Beef w/Broccoli  
Steamed Rice  
Fortune Cookie

**CATERED BY  
HONG'S GOURMET**

**COST:  
\$10 members/  
\$12 non-members**

### CHINESE NEW YEAR/VALENTINE'S DAY CELEBRATION

Don't miss this annual event! The Chinese New Year is one of the most important of the traditional Chinese holidays. Come help us celebrate the year of the Dragon! The dragon holds special significance for the Chinese culture. We will have a delicious lunch catered by Hong's Gourmet Restaurant, followed by singing and Valentine's from the third grade classes at Argonaut School. Gung Hay Fat Choy—wishing you good fortune and happiness! **Please sign-up at the front desk by Monday, February 6.**

## FEBRUARY 15

Green Salad  
Chicken/Sausage Paella  
Vegetable  
Chocolate Chip Cookie

**CATERED BY  
BELL TOWER**

### AN INTRODUCTION TO THE CA. PUC PROGRAMS & SERVICES & CTAP

The California Public Utilities Commission regulates privately owned electric, natural gas, telecommunications, water, railroad, rail transit, and passenger carrier and household goods carriers. Sheri Boles will be here to present information on how California consumers can help lower their monthly utility bills, conserve energy and water, how to recognize and avoid phone scams, and tips on hiring limousines and moving companies. Also, Casey Kho Outreach Specialist from CTAP, will be here to provide us with information on how to get telephone equipment at no charge to eligible residents!

## FEBRUARY 22

Green Salad  
Citrus-Marinated Chicken  
Mashed Potatoes  
Vegetable  
Dessert

**CATERED BY  
EL POLLO  
LOCO**

### PERFORMANCE BY BILL MARTIN

Bill is an amazing singer and keyboard player. He began studying classical piano at the age of 9. At age 16, he began learning jazz and learned to improvise and play without reading music. When he entered high school, he was already performing in public and joined the musicians union at age 16.

## FEBRUARY 29

Tossed Green Salad  
Baked Penne w/Sausage,  
Peppers, & Zucchini  
Fresh Steamed Broccoli  
Dessert

**CATERED BY  
OUR LADY  
OF FATIMA**

### PRESENTATION ON THE MOST IMPORTANT DOCUMENTS OF YOUR LIFE

Join Dave Katra, CLPF, with Trusted Solutions in Los Gatos as he discusses what certain documents are and why they are critical to have. These documents include AHCD, DPOA, DNR, Conservatorship, Will, Living Trust, and other important documents.