

# SASCC WEDNESDAY LUNCH PROGRAM

Lunch is served at noon. Unless otherwise noted, the cost is \$5 for members and \$6 for non-members. Reservations are required. Please call before noon on Tuesday to make your reservation at 408.868.1257. **Please note: If you are allergic, diabetic, vegetarian, or do not eat the meat item listed, please let us know when making a reservation and we will try to accommodate your dietary needs.**

## JULY 7

Salad  
Sloppy Joes  
French Fries  
Vegetable  
Dessert

### HEALTH TALK-COMMON UROLOGIC PROBLEMS

Doctor Shahram Gholami is an internationally recognized expert in minimally invasive urology. He has written over a hundred papers, manuscripts, and abstracts in numerous scientific journals. He currently resides in Monte Sereno and is on staff at Good Samaritan Hospital and El Camino Hospital. Dr. Gholami will talk about common Urologic problems in the elderly; such as Prostate problems.

## JULY 14

Salad  
Baked Mushroom Chicken  
Rice  
Vegetable  
Dessert

\$8 members \$9 non-members
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### MARK RUSSO & SPENCER ALLEN DUO

---Mark Russo is a teacher and professional performer in the bay area. He leads his own small and large groups. Mark has worked with many well known artists throughout the years. His styles include Swing, Pop, Latin, Classical, and musical shows.

---Spencer Allen is a professional pianist who has worked with many high end instrumentalists and vocalists. He teaches chemistry and biology in the greater bay area. He is adaptable to many styles of music including Swing, Jazz, Pop, Gospel, and Latin music. Mark and Spencer will play songs such as *As Time Goes By*, *Satin Doll*, *Night and Day*, *Ain't Misbehavin*, *Honeysuckle Rose*, *Jada*, *Tennessee Waltz*, and many more.

## JULY 21

Salad  
Cheese Ravioli  
Meatballs  
Vegetable  
Dessert

### ALZHEIMER'S/DEMENTIA PRESENTATION

Alexandra Morris joined the Alzheimer's Association in 1999. At the Alzheimer's Association, she manages the Respite Program and assists families through the 24/7 Helpline. Additionally, she facilitates "The Savvy Caregiver," a bold new program of the Alzheimer's Association to provide professional-level training for the non-professional caregiver and she manages the Family Connection program. She is a State Certified Ombudsman and is a student in the Masters Gerontology program at San Francisco State University. The presentation will consist of a description of dementia and Alzheimer's disease. Warning signs and risk factors will be covered. Alexandra will cover the "10 signs." Time will be factored into the hour talk for a Q & A session.

## JULY 28

Salad  
Baked Fish  
Mashed Potatoes  
Vegetable  
Birthday Cake

It's wear stripe day!
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### PIANIST ~ WENDEL LARGO

Wendell grew up in a family of musicians. At age 10, he played the saxophone and was a member of the family band. In college, he started playing the piano. He is an active member of a Christian group where he sings and plays music. Wendell currently plays at 10 different facilities monthly. He will play songs such as *Autumn Leaves*, *I Left My Heart In San Francisco*, *Let Me Call You Sweetheart*, *Anniversary Waltz*, and more.