

# Southside Adults 50+ Newsletter

## Special Events

### Filipino Independence Day Luncheon:

#### Wednesday, June 14th

Come celebrate the Philippine's declaration of independence over Spain. The official holiday is June 12th and this year marks the Philippine's 119th year of independence. Enjoy a special meal and festive decorations on this special day!

### Father's Day Luncheon: Friday, June 16th

We will be showing appreciation to the dads of our community with wonderful food, good friends and a special treat.

### Make Music Day: Wednesday, June 21st

Celebrated internationally, Make Music Day is a free day of music held on the summer solstice, June 21. Make Music San Jose is open to anyone who wants to take part in.

## June: Lets enjoy the warm weather while staying cool

During the month of June we will have the chance to be able to experience the longest days of the year while participating in nothing but fun. We will have three special events this month. They are Filipino Independence Day, Father's Day and Make Music Day.

June is National Safety Month so lets be careful and look out for each other. Lets stay cool and sweet at the same time.

## Contact

Front Office: 408-629-3336

Lunch Reservations: 408-629-9606

Address: 5585 Cottle Rd, San Jose, CA 95123

## Center Closures

There will be no center closures for the month of June. However, please be aware that the weather will be warming up significantly and try your best to stay hydrated and be in the cooler temperature locations more often than not.

# SOUTHSIDE SENIOR PROGRAM INFORMATION & SERVICES

## Southside Community Center Flea Market

Saturday June 24th and July 22nd

8am-2pm

- ◆ Southside will be hosting Flea Markets this summer!! Bring your friends and family and come shop for treasures! If you are interested in selling? Rent a space for \$15 or two spaces for \$25! See the front office for more information.
- ◆ We will be starting new activities during the 10:00am to 12:00pm in the MPR
  - Backgammon and Chess will happen on Mondays
  - Bingo will continue to be on Tuesdays
  - Card Club will happen on Wednesdays
  - Dominoes and Sudoku will happen on Thursdays
  - Movies will be shown on Fridays in the morning instead of the afternoons

Please note that if there are special events or speakers, the schedule is subject to change

### Southside Senior Advisory Meeting

*Second Wednesday of the month at 1:00pm*

Join us at our monthly Senior Advisory meeting to get the scoop on the latest news in senior programs!

### Thursday Dances

*Every Thursday from 1:30pm—3:30pm*

Do you love dancing!? Come join us Thursday afternoons for fun, joyous friends, and music to get you moving! Don't forget your dancing shoes! Only \$1!



### Bingo!

*Tuesdays at 1:15pm*

Join us Tuesdays for Bingo fun!!

You'll get free snacks, door prizes, and play special Bingo games. Payouts for regular games are \$90 and \$140 for Blackout. Bingo packs are sold for \$6 a pack (all 10 games) and daubers are sold for \$1.

Bring your friends and come have some fun!!

### Volunteers Needed!!!

Are you interested in becoming more involved with your community? Do you have a special skill you would like to teach others!? If so, please talk to Dustin at the front office! We are in need of volunteers to help set up bread in the morning, organize ceramics, and to teach new classes at Southside (such as arts and crafts, painting parties, and more!).



**VOLUNTEERS**

# June

**Suggested contribution is \$3.00 for 60+ and required contribution of \$8.00 for all 59 and under  
Lunch served @ 12pm Mon-Fri. Call (408) 629-9606 for reservations**

Monday	Tuesday	Wednesday	Thursday	Friday
In next week's binder, find your name and mark dates you wish to attend with <b>E</b> for Entrée, <b>V</b> for Vegetarian Alternate, <b>M</b> for Meat Alternate, or <b>H</b> for Hot Alternate.			<b>1</b> Rice & Sweet Potato Soup <b>Pork Roast &amp; Gravy</b> Whole Wheat Steamed Spinach Fresh Winter Green Salad w/ Broccoli Fresh Banana	<b>2</b> <b>Baked Fish w/ Lemon &amp; Tartar Sauce</b> Wild Rice Fresh Herbed Zucchini Carrot & Mandarin Salad Peach Crisp
<b>5</b> <b>Baked Fish Taco w/ Lemon &amp; Salsa</b> Corn Tortilla Fresh Cooked Pinto Beans Chuckwagon Corn Fresh Cantaloupe	<b>6</b> Asian Vegetable Soup <b>Pork Fried Rice</b> Brown Rice Peas & Carrots Fresh Tossed Salad w/ Wonton Crisps Fresh Orange	<b>7</b> <b>Creamy Lemon &amp; Herb Chicken</b> Whole Wheat Roll Fresh Glazed Carrots Fresh Roasted Red Potatoes Tropical Fruit	<b>8</b> Black Bean & Kale Soup <b>Beef Lasagna</b> Italian Blend Vegetables Fresh Garden Salad w/ Red Bell Peppers Fresh Whole Fruit	<b>9</b> <b>Vegetarian Chili</b> Cornbread Vegetables in Entrée Fresh Broccoli Sunflower Seed Salad Fresh Fruit
<b>12</b> Corn Chowder Soup <b>Hawaiian BBQ Chicken Pizza</b> Flatbread California Blend Vegetables Fresh Tossed Salad Fresh Whole Fruit	<b>13</b> <b>Baked Fish w/ Lemon &amp; Dill Sauce</b> Wild Rice Capri Blend Vegetables Fresh Romaine Salad w/ Shredded Carrots Fresh Orange	<b>14 Filipino Independence Day</b> <b>Stuffed Bell Peppers w/ Thai Curry Rice &amp; Mushrooms</b> Whole Wheat Bell Pepper Fresh Roasted Vegetables Fresh Fruit	<b>15</b> <b>Pork Roast w/ Gravy</b> Garlic Bread Fresh Baked Potato Garlic Spinach & Onions Fresh Cantaloupe	<b>16 Father's Day Luncheon</b> <b>Skirt Steak</b> Whole Wheat Roll Fresh Baked Potato Spinach & Garlic Onion Fresh Orange
<b>19</b> Tomato Bisque Soup <b>Grilled Cheese Sandwich</b> Sourdough Bread Malibu Blend Vegetables Fresh Marinated Zucchini Salad Fresh Whole Fruit	<b>20</b> <b>Chicken Tikka Masala</b> Basmati Rice Roasted Cauliflower Fresh Indian Carrot Salad Fresh Cantaloupe	<b>21</b> Vegetable Soup <b>BBQ Pulled Pork Sandwich</b> Whole Wheat Bun Corn on the Cob Fresh Coleslaw Fresh Banana	<b>22</b> <b>Baked Fish &amp; Lemon Tartar Sauce</b> Wild Rice Fresh Summer Squash Fresh Carrot Raisin Salad Fresh Gelatin w/ Mandarin Oranges	<b>23</b> <b>Turkey Meatloaf w/ Gravy</b> Whole Wheat Roll Fresh Mashed Potatoes Sautéed Spinach & Onions Fresh Orange
<b>26</b> Carrot & Ginger Soup <b>Orange Glazed Chicken</b> White Rice Oriental Blend Vegetables Fresh Broccoli Slaw Whole Fruit	<b>27</b> <b>Cheeseburger</b> Whole Wheat Bun Baked Sweet Potato Fries Fresh Romaine Salad w/ Red Bell Peppers Fresh Fruit	<b>28</b> Tuscan Bean Soup <b>Penne Pasta w/ Fresh Vegetables</b> Fresh Broccoli & Seasonal Squash Fresh Caesar Salad Fresh Whole Fruit	<b>29</b> <b>Lemon &amp; Basil Pork Chop</b> Whole Wheat Roll Malibu Blend Vegetables Fresh Baked Sweet Potato Peach Crisp	<b>30</b> <b>Ginger Glazed Fish</b> Asian Brown Rice Japanese Blend Vegetables Fresh Asian Slaw Fresh Cantaloupe

<b>5/30-6/2:</b> Cottage Cheese Salad ( <b>V</b> ) or Tuna Salad Sandwich ( <b>M</b> ) or Black Bean Patty ( <b>H</b> )
<b>6/5-6/9:</b> Garden Chickpea Salad ( <b>V</b> ) or Chicken Salad Sandwich ( <b>M</b> ) or Black Bean Patty ( <b>H</b> )
<b>6/12-6/16:</b> Vegetarian Wrap ( <b>V</b> ) or Thai Style Chicken Cobb Salad ( <b>M</b> ) or Black Bean Patty ( <b>H</b> )
<b>6/19-6/23:</b> Vegetarian Bean Salad ( <b>V</b> ) or Roast Beef Sandwich ( <b>M</b> ) or Black Bean Patty ( <b>H</b> )
<b>6/26-6/30:</b> Vegetarian Pita Sandwich ( <b>V</b> ) or Turkey Club Sandwich ( <b>M</b> ) or Black Bean Patty ( <b>H</b> )

# FREE!

# Friday Movie Day



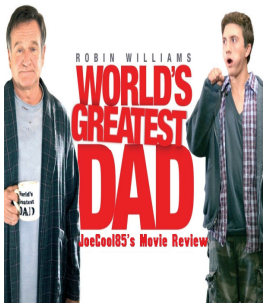
**The Big Short—R** is a 2015 American biographical comedy-drama film directed by Adam McKay and written by McKay and Charles Randolph, based on the 2010 book *The Big Short: Inside the Doomsday Machine* by Michael Lewis about the financial crisis of 2007–2008 which was triggered by the United States housing bubble. The film consists of three separate stories which run concurrently with no plot overlap – they are only connected by the commonality of the predicted housing market collapse.

**Starring Christian Bale & Steve Carrell**



**Thank You For Smoking—R** Nick Naylor is a handsome, smooth-talking tobacco lobbyist and the vice-president of a tobacco lobby called the "Academy of Tobacco Studies", which for 15 years has been "researching" the link between tobacco smoking and lung cancer. They claim that their research—funded primarily by tobacco companies—has found no definitive evidence of any linkage.

**Starring Aaron Eckhart & William H. Macy**



**World's Greatest Dad—R** When his son's body is found in a humiliating accident, a lonely high school teacher inadvertently attracts an overwhelming amount of community and media attention after covering up the truth with a phony suicide note.

**Starring Robin Williams & Daryl Sabara**



**The Talented Mr. Ripley—R** In late 1950s New York, Tom Ripley, a young underachiever, is sent to Italy to retrieve Dickie Greenleaf, a rich and spoiled millionaire playboy. But when the errand fails, Ripley takes extreme measures.

**Starring Matt Damon and Gwyneth Paltrow**

**There will be no movie shown on Friday June 30th.**

**Movies are shown in the Multi-Purpose Room on Fridays from 10:00am to 12:00pm**