

Events

National Night Out

8/3/21

5:00pm-8:00pm

Miller Park Amphitheater

FREE

Latin Dance Night

9/10/21

6:00pm—9:00pm

Seniors: \$3

Non Seniors: \$6

Tickets go on Sale

8/16/21



General Information

The Senior Center will be open

Monday—Friday 8am—5pm

Saturday 8am—12pm



Beauty Salon

- Open by appointment only
- To schedule an appointment please call 909-434-8247

Billiards, Theater &

Fitness Room

- Reservations are required (online www.recreation.fontana.org or by phone at 909-854-5151)
- Reservations are one hour time slots
- Reservations open every Thursday at 6am for following week.



Fontana Community Senior Center

16710 Ceres Ave, Fontana, Ca



FONTANA COMMUNITY
SENIOR CENTER



Nutrition Program

August 2021

Monday-Friday

Two Lunchtime Options:

10:45am and 12:00pm

(1 hour duration)

Reservations are required.

Online: www.recreation.fontana.org

Phone: 909-854-5151

Reservations open every Thursday
at 6am for the following week

Cost:

\$4 - 55+ Fontana Residents

\$6 - for all others



August 2nd-10th

Monday, 2nd

Garlic butter Beef

(Veggie Beef)

Potato Medley, Asparagus

Tuesday, 3rd

Chicken Alfredo Pizza

(Veggie chicken)

Salad

Wednesday, 4th

Cranberry Pork Chop

(veggie Beef)

Rice pilaf, Baby Carrots

Thursday, 5th

Fish

(Veggie Fish)

Couscous, Green Beans

Friday, 6th

Ground Turkey Marinara sauce

Over manicotti

(Manicotti w/ sauce)

Spinach, Bread Stick

Monday, 9th

Crusted Fish

(Veggie Fish)

Lime rice, Asparagus

Tuesday, 10th

Cheese enchilada casserole

Rice, Pinto Beans

August 11th-19th

Wednesday, 11th

Pork Chop

(Veggie Boca Patty)

Mash Potatoes, Mixed Veggies

Thursday, 12th

Herb Chicken

(Veggie Chicken)

Roasted potatoes, Corn

Friday, 13th

Beef Stroganoff

(Pasta w/ sauce)

Roll

Monday, 16th

Chicken Cesar Salad

(veggie Chicken)

Roll

Tuesday, 17th

Fish Tacos

(Veggie Fish)

Rice, Beans

Wednesday, 18th

Open face turkey sandwich

(Veggie Chicken)

Broccoli

Thursday, 19th

Kahlua Pork Sub

(Veggie Beef)

Hawaiian slaw



August 20th-31st

Friday, 20th

Hawaiian Chicken Over rice

(Veggie Chicken)

Snow peas

Monday, 23rd

Chicken Over lettuce

(Tofu)

Pita Bread, Pickle spear

Tuesday, 24th

Broccoli beef

(Veggie Beef)

Steamed rice

Wednesday, 25th

Lemon Pepper Butter Shrimp

(Veggie shrimp)

Wild rice, Pease & carrots

Thursday, 26th

Brown sugar Honey Ham

(Veggie ie beef)

Roasted potatoes, Green beans

Friday, 27th

Chili Beans

W/ Corn Bread

Monday, 30th

Lemon Chicken

(Veggie Chicken)

Au Gratin Potatoes, Green Beans

Tuesday, 31st

Stuffed Bell peppers

(Veggie beef Stuffed bells)

Mash potatoes, Roll