



ENTER FOR A CHANCE TO WIN 1 OF 3 \$25 GIFT CARDS: FISH COMPANY KATELLA DELI HOF'S HUT

TUESDAY LUNCHEONS

What: Weekly Luncheons
When: Tuesdays at 11:15am (following the Exercise class)
Where: Los Alamitos Community Center: 10911 Oak St.

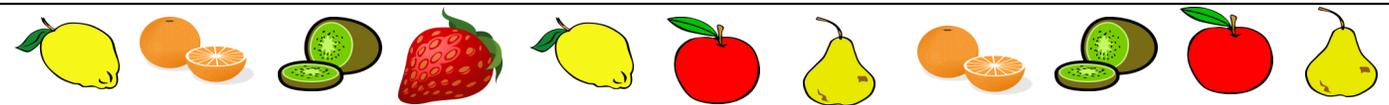


Why: Come to a FREE exercise class & stay for a delicious lunch & friendly conversation

Cost: \$5 Suggestion Donation Pre-Registration Required Bring this flyer & your first meals is FREE!

THANK YOU TO OUR HEALTH & WELLNESS SPONSOR OPTUMCare

Drawing held on the 1st Tuesday of every month. The more lunches attended, the better your chances of winning. For more information, or to sign-up for lunch, please call 562-430-1073 x501



Please take a moment to let us know what type of meal you'd like to enjoy: (Meals ordered from local restaurants)

Form with checkboxes for Sandwiches, Salads, Pasta, Soups, Mexican, and Other.

Please return this portion to: Los Alamitos Community Center Staff