

El Segundo
**REC, PARKS,
& LIBRARY**
We Engage... We Inspire... We Play...

EL SEGUNDO

JOSLYN

NEWSLETTER

NOVEMBER 2025

JOSLYN CENTER
310.524.2705

OUTREACH
310.524.2706

El Segundo Rec, Parks & Library

Joslyn Center Monthly Newsletter

Hours of Operation

Monday - Thursday

9:00 am - 8:00 pm

Friday

9:00 am - 5:00 pm

Saturday

9:00 am - 2:00 pm

Sunday

10:00 am - 3:00 pm



If there is something you would like to display here at the Joslyn center?? please reach out to the Joslyn staff. We are always looking!

MESSAGE FROM JOSLYN CENTER STAFF

We hope you're enjoying the crisp and cozy days of November!

Here at the Senior Center, we're so thankful for such a wonderful group of people. Your friendship, joy, and participation make this a welcoming and fun place for everyone.

We're excited to invite you to our November Luncheon on Tuesday, November 18 at 12:00 PM. Come ready to share in the spirit of gratitude and good company! It's the perfect time to relax, enjoy a delicious meal, and celebrate the season with friends.

Please make sure to sign up at the front desk to save your spot. We can't wait to spend another warm and cheerful afternoon with you, thank you for being such an important part of our community!

2024 El Segundo Senior Citizen's Club Officers

President	Betty Jacobson	310-322-3151
1st Vice President		
2nd Vice President	Margaret Shoukry	323-807-4540
Secretary	Sharon Hladek	310-640-0770
Treasurer	Mona Tobiason	310-415-9590

WHO'S WHO IN THE SENIOR CLUB

<u>ACTIVITY</u>	<u>CHAIRPERSON</u>	<u>PHONE</u>
Bingo	Diane Crowell	310-344-7846
Bridge	Margaret Shoukry	323-807-4540
Dances	Sharon & John Hladek	310-640-0770
Friendship	OPEN *	
Historian	OPEN *	
Kitchen	OPEN *	
Hospitality	Rex Ransom *	310-469-4295
Membership	Margaret Shoukry	323-807-4540
Parliamentarian	Linda Kruse *	310-322-0150
Pinochle/Canasta	Pam Nicholson *	310-318-2856
Sit-n-Knit	June Ling	562-252-5429
Travel	OPEN*	

* voting chairpersons on the senior club executive board

SENIOR CLUB ACTIVITY SCHEDULE

<u>ACTIVITY</u>	<u>WEEK</u>	<u>DAY</u>	<u>TIME</u>
Bingo	Weekly	F	1:15 pm
Bridge	Weekly	Th	1:00 pm
Canasta	Weekly	Tu	1:00 pm
Pinochle	Weekly	M	1:00 pm
Sit-n-Knit	2nd week	Su	12:00 pm

PINOCHLE

Mondays

1:00 pm to 5:00 pm

ALL LEVELS WELCOME

LYFT DAR Available

Details: Pam Nicholson

310-318-2856

Canasta

Tuesdays

1:00 pm to 5:00 pm

ALL LEVELS WELCOME

LYFT DAR Available

Details: Pam Nicholson

310-318-2856

BRIDGE

Thursdays

1:00 to 5:00 pm

ALL LEVELS WELCOME

LYFT DAR Available

Margaret Shoukry

323-807-4540



Join The El Segundo Club (50+)

\$10 Yearly Membership Dues to partake in loads of
FUN ACTIVITIES!!!



SIT-N-KNIT 12:00pm - 3:00 pm

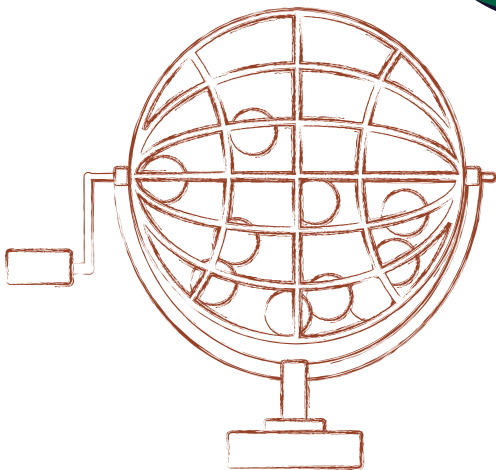
Free to all Club Members!

Details: June Ling 562-252-5429

Always the 2nd Sunday of the month

Knitting & Crochet lessons for Seniors.

Club members – materials provided



Every Fridays!! 1:15 -3:00 pm

\$3.00 minimum

Bingo is back!!! Test your luck and join us!!!

Details: Diane Crowell 310-344-7846

General Meeting and Luncheon

E & Senior Club

Set your calendars and make sure to join the Senior club for their next general meeting:

**Every third Tuesday of the month
12:00 pm**

The club will have their general meeting, followed by the Luncheon- which will be provided to all members.

Annual Membership is \$10.00 - sign up with Margaret Shoukry or at Joslyn Center front desk



MEALS

ON WHEELS

JOSLYN: OUTREACH CENTER MEALS ON WHEELS PROGRAM DELIVERS NUTRITIOUS WARM MEALS, PREPARED DAILY, TO SENIOR RESIDENTS OF EL SEGUNDO

MEALS ARE DELIVERED MONDAYS - FRIDAYS TO THOSE WHO ARE HOMEBOUND AND UNABLE TO SAFELY PREPARE THEIR OWN MEALS

MEALS ARE ALL LOW SODIUM AND CAN ACCOMODATE DIETARY RESTRICTIONS SUCH AS RENAL, LOW SUGAR VEGETARIAN, ETC.

START YOUR PROCESS FOR MEAL DELIVERIES, ITS QUICK AND EASY!! CONTACT US TO SCHEDULE AN IN-HOME VISIT. ASSITANCE IN FILLING OUT APPLICATION CAN BE PROVIDED



JOSLYN OUTREACH CENTER 339 SHELDON ST
310-524-2706



New Shuffleboard Table!

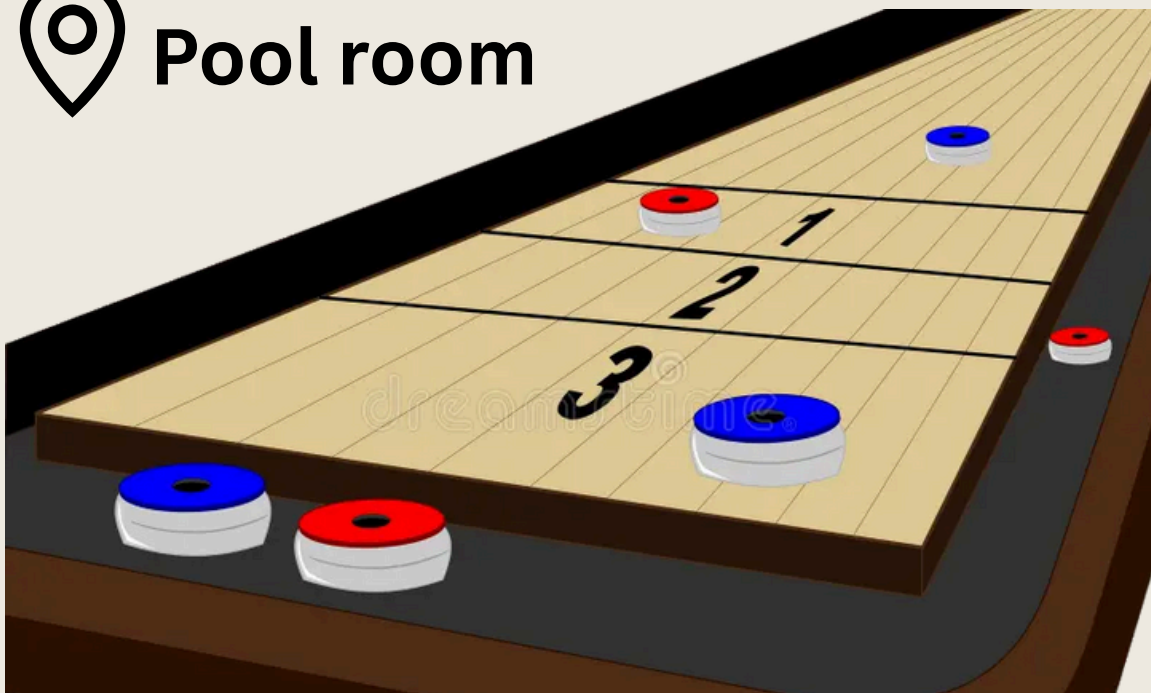
Come check out our BRAND NEW SHUFFLEBOARD now available at the Joslyn Center!

Whether you're a seasoned player or new to the game, this is a great chance to have fun, meet new people, and enjoy a little friendly competition.

DROP BY AND GIVE IT A TRY!

 Available during center hours

 Pool room



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	9:00 am CoreXpress 10:00 am Senior Fit 6:30 pm Pilates	10:00 am 50 Minute fitness 6:00 & 7:00 pm Line Dancing	9:00 am CoreXpress 3:00 pm Senior Fit
26	27 Pinochle 1-5pm	28 Canasta 1-5pm	29 Chess club 1pm
2	3 Pinochle 1-5pm	4 Canasta 1-5pm	5 Chess club 1pm
9	10 Pinochle 1-5pm	11 Canasta 1 - 5pm	12 Chess club 1pm
16	17 Pinochle 1-5pm	18 Canasta 1 - 5pm <div data-bbox="829 1707 1196 1801" style="background-color: #004a7c; color: white; padding: 5px; text-align: center;"> SR. CLUB LUNCH @ 12 pm </div>	19 Chess club 1pm
23	24 Pinochle 1-5pm	25 Canasta 1 - 5pm	26 Chess club 1pm
30			

THURSDAY

10:00 am
50 Minute fitness

Farmers Market
Every Thursdays
3 - 7 pm

FRIDAY

9:00 am
Pilates

SATURDAY

Slipt Stickers Every
3rd Saturday 10am-
1pm

ANNOUNCEMENTS

30
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

6
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

13
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

20
Bridge 1 - 5pm
Movies: 1pm & 5pm

FARMERS' MARKET

27

CLOSED

31

7
Bingo 1:15 - 3 pm

14
Bingo 1:15 - 3 pm

Wreath Craft!

21
Bingo 1:15 - 3 pm

28
Bingo 1:15 - 3 pm

Ceramic Turkey
Painting Craft!

1

8

Daytrippers!

15

22

29

CITY OF EL SEGUNDO'S

DIAL-A-RIDE WITH LYFT

MONDAY TO FRIDAY - 9:00AM - 4:45PM

SATURDAY - 9:30AM - 1:30PM

Catch a Lyft with Dial-A-Ride! Our new Dial-A-Ride program in partnership with Lyft is designed to give residents ages 55+ more options to get around town!

Have questions? We have answers! Come visit us at the Joslyn Center or call 310-524-2705 to book your ride.

Learn more at esrecandparks.org or scan the QR code for instructional video.



CITY OF EL SEGUNDO'S

DOCTOR DIAL-A-RIDE WITH LYFT

TUESDAYS & THURSDAYS - 9:00AM - 4:00PM

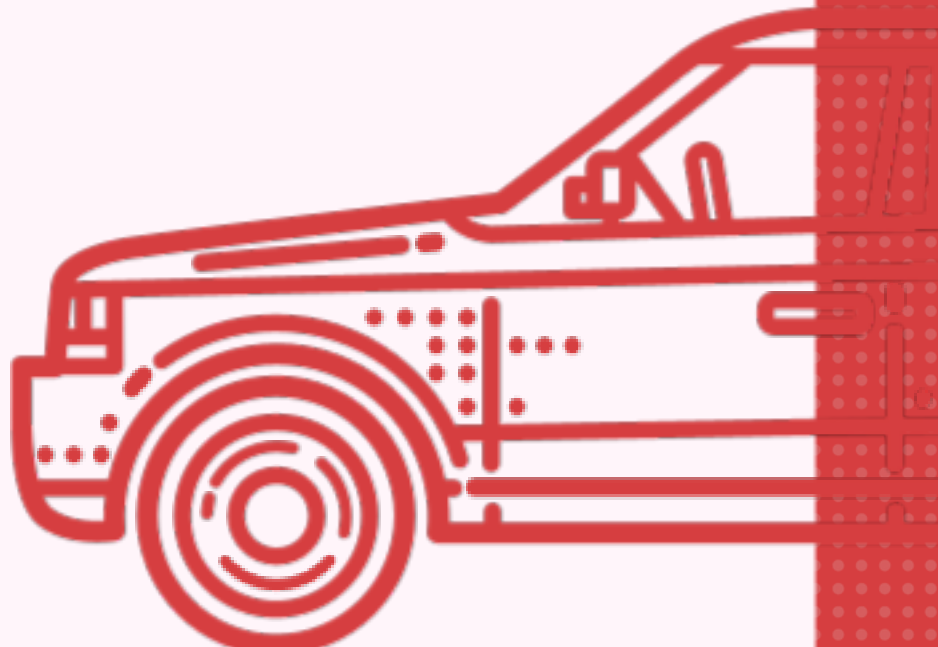
Catch a Lyft with Doctor Dial-A-Ride! We are rolling out our new Dial-A-Ride program in partnership with Lyft. This program is designed to give residents ages 55+ more options for transportation to their doctor appointments!

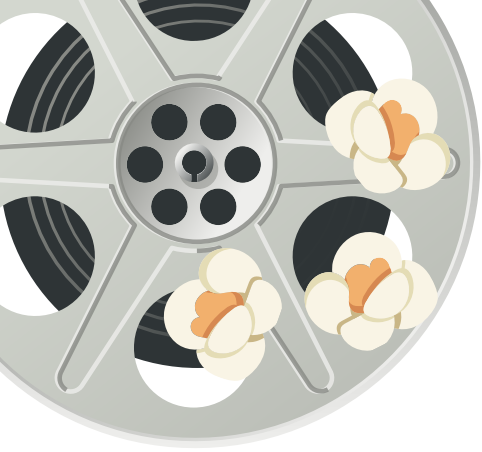
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El Segundo
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November 6

Superman

2025

PG-13

2h9m

Superman must reconcile his alien Kryptonian heritage with his human upbringing as reporter Clark Kent. As the embodiment of truth, justice and the human way he soon finds himself in a world that views these as old-fashioned.

Action

Superhero

Adventure

November 13

Pride & Prejudice

2005

PG

2h9m

When Elizabeth Bennet meets the handsome Mr. Darcy, she believes he is the last man she could ever marry, but as their lives become intertwined, she finds herself captivated by the man she has sworn to hate forever.

Drama

Romance

November 20

Juror #2

2024

PG-13

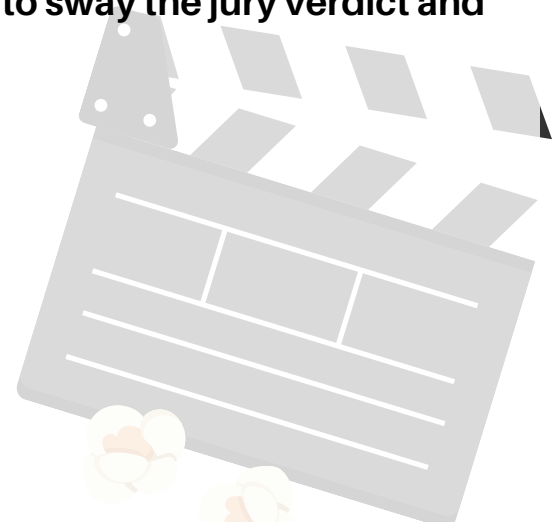
1h58m

While serving as a juror in a high-profile murder trial, a family man finds himself struggling with a serious moral dilemma, one he could use to sway the jury verdict and potentially convict or free the wrong killer.

Drama

Crime

Mystery



JOSLYN CENTER

Arts & Crafts Classes

Staff Led Activities | All Supplies Included
Joslyn would like to invite you to participate in free
art classes for seniors. Join us the 2nd and 4th
Friday of every month

UPCOMING CLASSES

November

Fall Wreath

November 14th 10:30am-11:30am

Create a festive fall wreath to bring the cozy colors of autumn
into your home! Bring Any extra decorations you would like!

Turkey Ceramic Painting

November 28th 10:30am-11:30am

Paint your own ceramic turkey and get creative with fall colors!
This fun and festive craft lets you design a turkey to display at
home or on your Thanksgiving table.

LOCATION:

Joslyn Center
339 Sheldon st.
El Segundo CA
Crafts Room



DROP IN CLASSES

10 Student Capacity
Free of Charge

El Segundo's Recreation, Parks & Library Department
and El Segundo Rotary Club presents

42ND ANNUAL

Christmas Eve

Luncheon

LIVE
ENTERTAINMENT

RAFFLE

GAMES

WEDNESDAY, DECEMBER 24TH

12:00 PM

FREE

EVERYONE IS WELCOME!

JOSLYN CENTER
339 SHELDON ST. EL SEGUNDO, CA 90245

PLEASE RSVP BY DECEMBER 18TH
~VISIT OR CALL (310)-524-2705~

LUNCH CAN BE DELIVERED TO YOUR HOME, IF YOU ARE UNABLE TO
JOIN US IN PERSON.

TRANSPORTATION TO/FROM JOSLYN IS AVAILABLE TO RESIDENTS

PLEASE CONTACT US IF YOU ARE INTERESTED IN VOLUNTEERING



An illustration of a white hand dropping a white ballot into a white ballot box. The background is a solid red color with several horizontal dark blue stripes on either side of the ballot box.

EL SEGUNDO RECREATION DEPARTMENT

YOUR RIDE TO VOTE

The Recreation Department's
Dial-A-Ride with Lyft program
will be providing rides to voting
locations in El Segundo.

To schedule a ride, please call the
Joslyn Center at 310-524-2705

VOTING WILL BE ON:

**SATURDAY, OCTOBER 25 - MONDAY, NOVEMBER 3 FROM
9AM - 4:30PM**

**AND TUESDAY, NOVEMBER 4 FROM 9AM - 7PM
AT THE CAMBRIA HOTEL**

WWW.ELSEGUNDORECPARKS.ORG

EL SEGUNDO JOSLYN CENTER

Daytrippers



SATURDAY, NOVEMBER 8, 2025

10:00AM - 4:00PM

Cost

\$10 RIDE, \$15 ENTRANCE TICKET



THE EL SEGUNDO DAY TRIPPERS ARE HEADING TO THE NORTON SIMON MUSEUM! ENJOY A DAY SURROUNDED BY STUNNING PAINTINGS, SCULPTURES, AND A PEACEFUL SCULPTURE GARDEN THAT OFFERS THE PERFECT SETTING FOR RELAXATION AND INSPIRATION.

THE BUS WILL LEAVE THE MUSEUM AT 4:00 PM.

For More Information Call 310-524-2705

EL SEGUNDO JOSLYN CENTER

ROOK & ROLL

CHESS CLUB

EVERY WEDNESDAY AT 1PM



Calling all chess lovers, from beginners to seasoned players! Whether you're a master of strategy or just learning the game, our club is the perfect place to sharpen your skills, enjoy friendly competition, and meet new people. Come for the game, stay for the community. All ages and skill levels welcome—let's make your next move together!

**YOU'RE
INVITED!**

Across the Board



**Join us at the Joslyn Center for
Across the Board! Every
Wednesday at 2pm, enjoy classic
and new board games, meet new
friends and most importantly,
have a great time!**

**Have a favorite game?
Let us know and
we will add it to the list!**





ADULTS

ARTS & ENRICHMENT

Joslyn Center Arts & Crafts Classes (18+ Years)

Location: Joslyn Center

Instructor: ES Recreation Staff

This hands-on class is a fun way to explore different crafts and get creative with each session offering a new project. From seasonal decorations to simple DIY crafts, there's always something new to try. It's a relaxing and social environment where you can enjoy making things and spending time with others. No experience is needed, and all materials are provided!

Cost: Free (Registration required)

Every 2nd & 4th Friday 10:30am-11:30am

Rook & Roll - Chess Club (18+ Years)

Location: Joslyn Center

Instructor: ES Recreation Staff

This is a friendly and relaxed space where anyone can come to play chess, whether you're just learning the basics or have been playing for years. It's a great way to challenge your mind, improve your strategy, and enjoy good company. Each session is a chance to learn, practice, and have fun with others who enjoy the game. All skill levels are welcome!

Cost: Free for drop-in

W 1:00pm-2:00pm

Across the Board (18+ Years)

Location: Joslyn Center

Instructor: ES Recreation Staff

Across the Board is a fun and social program where we come together to play a variety of board games. It's a great way to relax, meet new friends, and enjoy some friendly competition. All are welcome—no experience needed!

Cost: Free for drop-in

W 2:00pm-3:00pm



ADULTS

ARTS & ENRICHMENT

Adult Cooking (18+ Years)

Location: George E. Gordon Clubhouse

Instructor: A Yummy Future Staff

Explore the joys of seasonal cooking with this hands-on adult class. Participants will learn essential cooking methods, knife skills, and ingredient prep techniques while making flavorful and health-conscious meals. Whether you're cooking for one or a whole family, this class is designed to build kitchen confidence and culinary creativity.

Materials Fee: \$50

Cost: \$130 Resident/\$162.50 Non-Resident

Th 9/4-9/25 4:00pm-5:00pm

Th 10/2-10/23 4:00pm-5:00pm

Th 11/6-11/20 4:00pm-5:00pm

Th 12/4-12/18 4:00pm-5:00pm

Spanish for Adults (18+ Years)

Location: George E. Gordon Clubhouse

Instructor: Welcome to Spanish Staff

Learn Spanish in a fun, hands-on environment! Our engaging classes for adults focus on practical conversation, interactive activities, and cultural insights to make learning enjoyable and effective. No prior experience is needed—join us and start speaking Spanish with confidence!

Cost: \$240 Resident/\$300 Non-Resident

W 9/10-10/29 5:50pm-6:50pm

FITNESS

50 Minute Fit (18+ Years)

Location: Joslyn Center

Instructor: Victoria Samia

A traditional mix of cardiovascular exercise and weights combined with motivating music to push you through this 50-minute total body workout. A multilevel class where everyone is welcome. With over 30 years teaching and training experience, Victoria will safely and effectively guide you through this thoroughly fun class. All equipment is provided or you are welcome to bring your own hand weights and/or mats.

Cost: \$91 Resident/\$113.75 Non-Resident

T 9/16-12/16 10:00am-10:50am

Th 9/18-12/18 10:00am-10:50am

*No Class 11/11, 11/27

Zumba (16+ Years)

Location: George E. Gordon Clubhouse

Instructor: Sandra Delgado

Zumba is a fusion of Latin and International music. This high energy class is a combo of motivating music and body sculpting movements with easy to follow dance steps. Please bring a yoga mat and 1-lb weights.

Cost: \$60 Resident/\$75 Non-Resident

W 8/20-10/8 7:00pm-8:00pm

Cost: \$67.50 Resident/\$85 Non-Resident

M 10/20-12/15 7:00pm-8:00pm

Cost: \$75 Resident/\$93.75 Non-Resident

M 8/18-10/13 7:00pm-8:00pm

W 10/15-12/17 7:00pm-8:00pm



Senior Club Activity Schedule at the Joslyn Center



Mondays - **PINOCHLE** @ 1:00pm

Thursdays - **BRIDGE** @ 1:00pm

Tuesdays - **CANASTA** @ 1:00pm

Fridays - **BINGO** @ 1:15pm

ADULTS

FITNESS

Core Xpress (18+ Years)

Location: Joslyn Center

Instructor: Victoria Samia

Get in, get it done and get on with your day! This 35-minute intense workout delivers everything you need from your workout, and it all starts with your core. 10 minutes of mat based abdominal work is followed by 25 minutes of core/cardio training. Weights and bands are utilized to give you maximum results in a shorter time span.

Cost: \$98 Resident/\$122.50 Non-Resident

M 9/15-12/15 9:00am-9:40am

W 9/17-12/17 9:00am-9:40am



Striders Walking Group (18+ Years)

Location: Joslyn Center

Instructor: El Segundo Recreation Staff

Step into a healthier lifestyle and join our Striders walking group! There is a 1.25 mile loop through Downtown El Segundo that starts at the Joslyn Center and ends at the Recreation Park sign located at Grand Ave. and Eucalyptus. Register for free at the Joslyn Center. Lace up your sneakers and walk with us!

Cost: Free (Registration required)

M/W/F 9:15am-9:45am

M/W/F 9:45am-10:30am

Pilates (18+ Years)

Location: Joslyn Center

Instructor: Victoria Samia

From rock stars to Wimbledon champs and Lakers players, Pilates is now mainstream. Mind and body work together as you strengthen and lengthen all the major muscles of the body with focus on the abdominals. This Pilates-mat class is appropriate for all fitness levels. Class benefits include improving posture, muscle tone and strength, while leaving you feeling renewed, regenerated, and energized.

Cost: \$134.40 Resident/\$168 Non-Resident

M 9/15-12/15 6:30pm-7:20pm

Cost: \$124.80 Resident/\$156 Non-Resident

F 9/19-12/19 9:00am-10:00am

Senior Fit (18+ Years)

Location: Joslyn Center

Instructor: Victoria Samia

The senior fitness journey helps participants with physical activity through movement and body connection. Active core and muscle work to explore and wake up. Exercises promote flexibility, strengthen muscles, support joints, and improve overall mobility. Regular exercise tailored to their abilities, can reduce pain, enhance joint function, and contribute to better overall well-being for seniors dealing with enthusiasts to other joint condition. Participants will need to bring a set of weights, small exercise ball and exercise band.

Cost: \$109.20 Resident/\$136.50 Non-Resident

M 9/15-12/15 10:00am-10:45am

W 9/17-12/17 3:00pm-3:45pm

ADULTS

DANCE

Adult Tapping for Fun and Exercise (Beginner) (18+ Years)

Location: George E. Gordon Clubhouse

Instructor: Carol Well

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. Each 10-week session will complete at least 1 routine.

Cost: \$75 Resident/\$93.75 Non-Resident

T 9/16-11/18 6:00pm-7:00pm

*No Class 11/11

Adult Tapping for Fun and Exercise (Intermediate) (18+ Years)

Location: George E. Gordon Clubhouse

Instructor: Carol Well

Adult tap classes are presented for fun and exercise in a non-competitive atmosphere while learning and practicing tap routines. Each 10-week session will complete at least 1 routine.

Cost: \$75 Resident/\$93.75 Non-Resident

Th 9/18-12/4 6:00pm-7:00pm

*No Class 11/27

Beginner Line Dancing (18+ Years)

Location: Joslyn Center

Instructor: Tom Hickey

This class will introduce students to Country Line Dancing teaching them the basic steps to simple patterns such as the Electric Slide, Cowboy Hustle, Tush Push, Black Velvet, etc. This class level helps students at a slower level build on balance, motor skills, memory and wall changes. Each class 2 new dances are taught, and we review dances taught in previous classes as time permits. I teach the classics and some of the newest beginning level dances taught at the club venues around the Southland. This class is a recommended prerequisite for the Intermediate Line Dance class.

Cost: \$120 Resident/\$150 Non-Resident

T 9/9-11/25 6:00pm-7:00pm

Intermediate Line Dancing (18+ Years)

Location: Joslyn Center

Instructor: Tom Hickey

This class builds off the patterns from the Beginning Level, but introduces more spins, turns and complex patterns/tags/restarts. In this class the pace is a bit faster, and the students are challenged more mentally and physically. We go over the classic Improver/Intermediate dances such a Walk The Line, T.G.I.F., Slappin' Leather and work in some of the newer ones being taught in the club venues such as Gives Me Shiver, Wave on Wave and Late Night Habits to name a few. We add more dances that come out during the session. Same format as the Beginner Level: 2 new dances are taught per class and then a review of the dances taught in the previous classes worked in as time allows.

Cost: \$120 Resident/\$150 Non-Resident

T 9/9-11/25 7:00pm-8:00pm

Country Western 2 Step & Partner Dance Class (18+ Years)

NEW!

Location: Joslyn Center

Instructor: Tom Hickey

This Beginning Level Class is geared for couples or partners, but singles are welcome! Bring a partner and learn to Country 2 Step and other popular Country Western Partner Dances such as the Cowboy Cha Cha, Sweetheart Schottische, Denver Cha Cha, Barn Dance Mixer and Country Waltz - plus more as time allows. Basic footwork, dance patterns and dance floor etiquette will be taught preparing students to go out social dancing at the various LA Area Country Dance Venues and Social Dance Halls. Partner rotation is suggested to help build lead and follow skills, but not mandatory. Comfortable leather sole shoes or boots suggested.

Cost: \$120 Resident/\$150 Non-Resident

W 9/10-11/12 6:30pm-7:30pm

RECREATION PROGRAM SCHOLARSHIP

The Recreation Program Scholarship provides funding for programs and services offered by the Recreation, Parks, and Library Department to El Segundo families and individuals in need. Scholarships of up to \$200 per resident, with a maximum of \$600 per household per year, are offered to residents who meet eligibility criteria.



Scan QR code for application

When to Apply

Period 1

Application submittals: August-December
Award: January

Period 2

Application submittals: January-February
Award: March

Period 3

Application submittals: March-April
Award: May

Period 4

Application submittals: May-July
Award: August

Funding Criteria

Number of People in Household	1	2	3	4	5	6	7	8
Income Guidelines	\$77,700 or less	\$88,800 or less	\$99,900 or less	\$110,950 or less	\$119,850 or less	\$128,750 or less	\$137,600 or less	\$146,500 or less

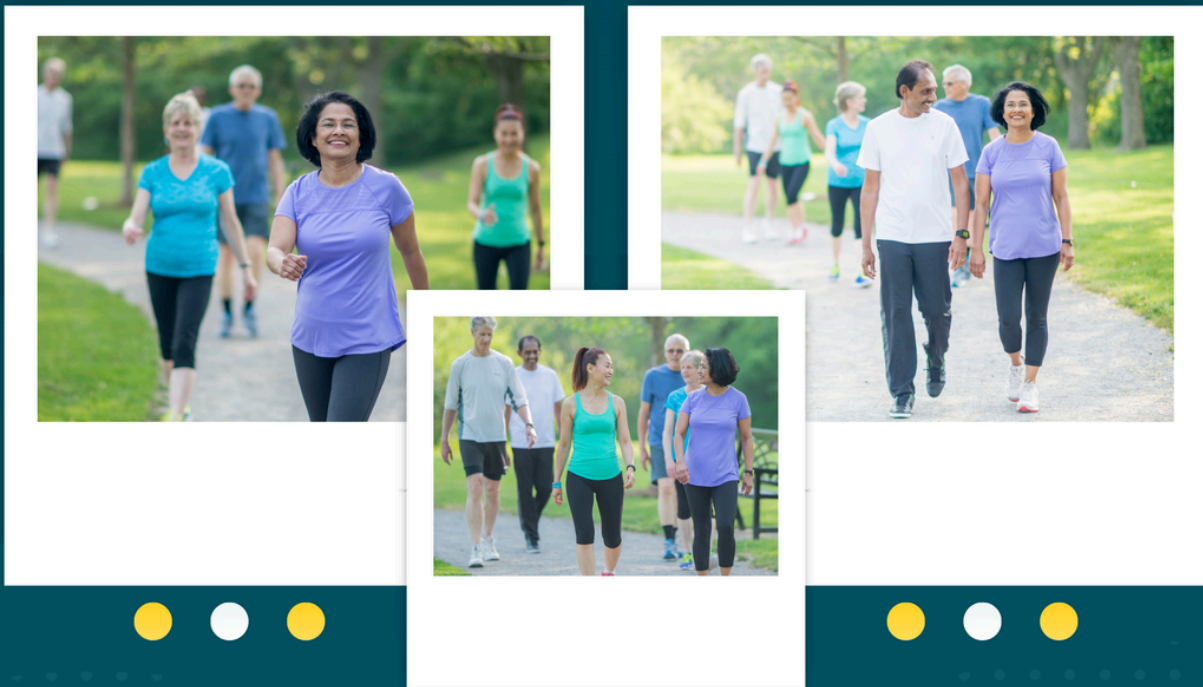
El Segundo Recreation, Parks & Library

STRIDERS WALKING GROUP

Step into a healthier lifestyle with our new walking group!

- Two walking times available, 1.25 mile loop - walk once or join both for an extra challenge!
- A great way to stay active, meet new people and enjoy fresh air!
- Open to all fitness levels - walk at your own pace

Whether you're looking for a light workout or a chance to socialize, this group is for you! Lace up your sneakers and walk with us!



MONDAY, WEDNESDAY & FRIDAY

9:15AM & 9:50AM @ The Joslyn Center

JOIN NOW



310-524-2705



www.esrecandparks.org



Farmers Market

EVERY THURSDAY

3:00PM-7:00PM

DOWNTOWN EL SEGUNDO

300 BLOCK OF MAIN ST

SHOP AROUND THE STALLS, MEET THE GROWERS, AND ENJOY THE FRIENDLY HOMETOWN ATMOSPHERE OF DOWNTOWN EL SEGUNDO!

FRUITS & VEGETABLES | PREPARED FOODS
JEWELRY | WEEKLY CRAFTS | AND MORE!

INTERESTED IN BECOMING A VENDOR?
PLEASE CONTACT
FARMERSMARKET@ELSEGUNDO.ORG



STAY TUNED ON SOCIAL
MEDIA FOR UPDATES ON
CRAFTS & ACTIVITIES
[@ESRECPARKS](https://www.instagram.com/esrecandparks)

RECOMMENDATIONS

Please use this page to provide us with recommendations

Movies:

Day Trippers:

Other:

Chicken Salad Sandwich

This creamy chicken salad with crunchy celery is easy to make and perfect for sandwiches or crackers. Light, tasty, and a favorite for all ages!

Ingredients:

- 1 can (12.5 oz) cooked chicken breast, drained (or rotisserie chicken, shredded)
- 2 tablespoons mayonnaise (or Greek yogurt for lighter)
- 1 teaspoon mustard (optional)
- 1 celery stalk, finely chopped
- $\frac{1}{4}$ small onion, finely chopped (optional)
- Salt & pepper to taste
- 4–6 slices of bread, or crackers if preferred
- Optional: lettuce, tomato slices, or pickles for topping

Step 1

In a medium bowl, add chicken, mayo, mustard, celery, and onion.

Step 2

Stir with a fork until everything is well mixed.

Step 3

Taste and add a little salt and pepper if needed.

Step 4

Spread onto bread slices (or spoon onto crackers).

Step 5

Add lettuce, tomato, or pickle if you like extra crunch.

