

WELCOME TO THE LODGE MONTHLY HAPPENINGS





ONTARIO ELKS LODGE 1419

RALLY MEETING

MONDAY

JULY 8, 2024

6:00pm

For more information contact
Ontario Wagon Master
Jeff Badeau @ 951-217-6849



Ontario Elks Lodge JULY 2024

KARAOKE

1150 W. 4th St. Ontario



FRIDAY

JULY 5

BURGERS, BEATS, AND BREWS
DINNER 5:30 - 7 PM

KARAOKE

WITH **CHAS**

7:30 - 10 PM



SUNDAY

JULY 7

KARAOKE

WITH **CHAS**

3 - 7 PM

Doors Open 2 pm



YOU
KNOW
YOU
WANNA
SING!

SUNDAY

JULY 14

KARAOKE

WITH **CHAS**

3 - 7 PM

Doors Open 2 pm

SUNDAY

JULY 21

KARAOKE

WITH **CHAS**

3 - 7 PM

Doors Open 2 pm

SUNDAY JULY 28

KARAOKE WITH CHAS

3 - 7 PM Doors Open 2 pm



TACO TUESDAY

JULY 16TH

Veterans Eat Free

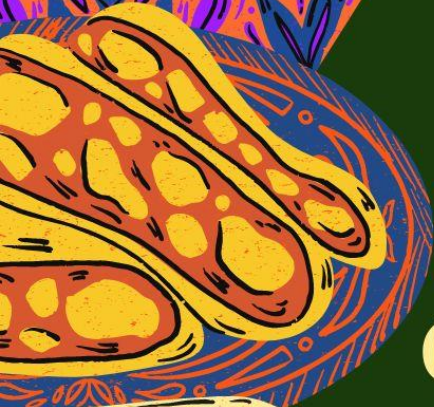
Ontario Elks Lodge

1150 W. 4th Street
Ontario, CA 91762

\$12
SALES TAX
INCLUDED

Lounge Opens - 3:30pm

Dinner Served - 5:30 - 7:00pm





JOIN US FOR AN EVENING OF FOOD, FUN AND FESTIVITES
AT OUR

Derby Horse Races

RACE TRACT: ONTARIO ELKS LODGE
1150 W. 4TH STREET
ONTARIO, CA 91762

POST DATE: FRIDAY, JULY 12TH

POST TIME: LOUNGE OPENS 3:30PM
DINNER 5:30 – 7:00PM

RACE TIME: 7:30PM SHARP
RSPV 909-984-2777

Dinner Menu
Beef Philly Sandwiches
Served with Potato Salad
\$12.00 (TAX INCLUDED)

Don't Forget
To Wear Your
Best Derby Hat



YOUR SUPPORT AND PROCEEDS WILL BENEFIT LODGE IMPROVEMENTS

ONTARIO ELKS LODGE

1150 W. 4th Street, Ontario CA 91762

Lettuce have a
burgerlicious time!



BURGERS BEATS & BREWS

BURGER & FRIES STARTING AT \$9.00
Sales Tax Included

1ST FRIDAY OF THE MONTH

LOUNGE OPENS 3:30PM

DINNER SERVED 5:30 – 7:00PM

KARAOKE WITH CHAS 7:00 - 10:00PM

RESERVATIONS 909 - 984 - 2777

**ONTARIO ELKS LODGE
BOARD OF DIRECTORS**

**JULY
9TH & 23RD**

6:00PM

**MEETING LOCATION
ROPER ROOM**

**OPEN TO ALL
ONTARIO ELK MEMBERS
IN GOOD STANDING**



“NO FRILLS”

FRIDAY, JULY 19th

Ontario Elks Lodge
1150 W. 4th St., Ontario, CA 91762

Lounge Opens: 3:30 PM
Dinner Served: 5:30 – 7:00 PM

Sirloin \$18

Pork Chop \$16

**Served with a Baked Potato,
Salad & Dinner Roll**

Sales Tax Included

WHILE SUPPLIES LAST

PLEASE RSVP TO THE OFFICE SO NO ONE LEAVES HUNGRY
(909) 984 – 2777



REMEMBER THEN BAND
7:00 – 10:00pm

**NEW MEMBER
ORIENTATION**



Bring Your Friend,
The Purple Pig To Dinner



ONTARIO ELKS LODGE 1419

SUNDAY BRUNCH

We invite you to Sunday brunch!

Come hang out with good friends and enjoy good food.

JULY 21, 2024
FROM 9AM - 12PM



\$16 Adults

\$8 Children under 12

Omelet Station
Bacon, Sausage
Breakfast Potatoes
Bagels & Pastries
Pozole

Waffle Station
Chicken Fried Steak
Biscuits & Gravy
Fruit Bar
Coffee & Juice

INCLUDES A GLASS OF CHAMPAGNE
OR A MIMOSA

Reserve your spot today!

909 984-2777

1150 W. 4th Street
Ontario, CA 91762



ONTARIO

Elks

Let's Play
BINGO!

Every Wednesday

DOORS OPEN: 3:30PM

SNACK BAR: 4:00PM

EARLY BIRD: 6:00PM

REGULAR BINGO: 6:30PM

BIRTHDAYS

Receive Two Free
Early Bird

(on that day, ID required)

Ontario Elks Lodge


1150 W. 4th Street

Ontario CA 91762

(909) 984-2777



- \$15 Buy-In
- Regular Games \$250
- Multiple \$1199
- Security on site
- No Checks
- ATM Available
- Snack Bar Open
- No Outside Food or Beverages
- No Outside Soliciting
- Hall Rental Available



Beyond Loss
A Grief Support Group

Facilitated by
WALLY BUYER, CSA, CG-C

Email: Wbuyer@aol.com

Grief: The last act of love.

THE 5 STAGES OF GRIEF

Key Causes:

- Loss of a loved one
- Loss of a pet
- Moving
- Loss of a job

Key Factors:

- Listen
- Provide comfort
- Show compassion
- Show empathy



Denial

- ⊗ Avoidance
- ⊗ Confusion
- ⊗ Excitement
- ⊗ Shock / Fear



Anger

- ⊗ Frustration
- ⊗ Irritability
- ⊗ Anxiety



Bargaining

- ⊗ Struggle to find meaning
- ⊗ To help others
- ⊗ To tell your own story



Depression

- ⊗ Helplessness
- ⊗ Hostility
- ⊗ Avoidance



Acceptance

- ⊗ Exploring opportunities
- ⊗ Introducing new plans
- ⊗ Moving forward

KUBLER - ROSS GRIEF CYCLE www.GetintoNeurodiversity.com

Grief Class Schedule July & August 2024

Classes are held at Redeemer Lutheran Church—Jerusalem Room
920 W 6th St, Ontario, CA 91762
1st Sunday of Each Month—2:30 p.m. to 4:00 p.m.

Classes are held at Ontario Elks Lodge #1419—Roper Room
1150 W 4th St, Ontario, CA 91762
3rd Sunday of Each Month—2:30 p.m. to 4:00 p.m.

The grieving process can be overwhelming and confusing at the best of times. Often times what we experience emotionally is difficult. What's normal? What's concerning? Am I crazy for feeling this way when others expect I should be "getting on with my life after the death of a loved one?"

These, as well as other topics, will be addressed in the upcoming classes.



VOLUNTEER

WE NEED YOU

Volunteering is a great opportunity to show your strengths. It helps you feel purposeful and satisfied. Many volunteers say that the greatest benefit of volunteering is the feeling of satisfaction they get from helping others. When you volunteer, you'll be achieving something amazing and making new friends along the way.

Please lend a helping hand once a month at the lodge.

Dinners: Arrive by 5:00 done by 7:30.

It's that easy and it's fun!

*Monthly sign up sheet located at the A bar or
contact our Second Step Coordinator*

Desiree Scott

(909) 374-2604 – Desirees1111@gmail.com

Thank you