































A group meets every Friday morning/ early afternoon to play Canasta. Canasta continues to be a very much enjoyed game/ activity for seniors at Parnell Park.

- |  |                               |                           |
|--|-------------------------------|---------------------------|
| <b>July Fridays</b>  | <b>Walking Club</b>           | <b>Attendance: 3-6</b>    |
| Senior center staff leads a group of motivated walkers on walks around the vicinity of the park. The group improves their overall health while enjoying each other's company. The group enjoys walking early before it gets hot. |                               |                           |
| <b>July Fridays</b>  | <b>Needlework Club</b>        | <b>Attendance: 16- 30</b> |
| The needlework club meets every Friday and works on individual projects. Peers mentor each other to help learn new techniques.   |                               |                           |
| <b>July10</b>  | <b>AGA</b>                    | <b>Attendance: 9</b>      |
| Manuel Ponce of AGA sponsored free ice cream for the participants to enjoy   |                               |                           |
| <b>July10</b>  | <b>Hiking Club</b>            | <b>Attendance: 4</b>      |
| Hike was cancelled due to low attendance   |                               |                           |
| <b>July 13</b>   | <b>Dinner/ Concert</b>        | <b>Attendance: 24</b>     |
| Participants enjoyed a premade dinner from Panera Bread, as they listened to the tunes of the Beatles performed by a cover band.   |                               |                           |
| <b>July12</b>  | <b>Café Parnell</b>           | <b>Attendance: 34</b>     |
| Brookdale Uptown Whittier cosponsored a tasty breakfast of pancakes, fresh fruit, sausage, eggs, and potatoes.   |                               |                           |
| <b>July18</b>  | <b>Senior Craft</b>           | <b>Attendance: 8</b>      |
| Leslie Belcher sponsored a wonderful craft using clothes pins, buttons and decorative paper.   |                               |                           |
| <b>July19</b>  | <b>History Talk</b>           | <b>Attendance:N/A</b>     |
| Cancelled by presenter   |                               |                           |
| <b>July 20</b>   | <b>Digital Tutorial</b>       | <b>Attendance: 7</b>      |
| Senior Center staff offered tutorials on using digital devices. This group had new smart phones that they were not sure how to use. The group especially enjoyed learning to use Facebook.                                       |                               |                           |
| <b>July 21</b>   | <b>BINGO</b>                  | <b>Attendance: 12</b>     |
| Alex Rodriguez of Caremore sponsored free rounds of BINGO for the participants to enjoy. He also provided prizes for the participants as well.   |                               |                           |
| <b>July 28</b>   | <b>Birthday Celebration</b>   | <b>Attendance: 6</b>      |
| Brookdale Uptown Whittier brought a very tasty chocolate cake for our June Birthdays. Leslie Belcher of Banker's Life sponsored a craft, which everyone seemed to really enjoy!  |                               |                           |
| <b>July31</b>  | <b>Let's Talk Alzheimer's</b> | <b>Attendance: 8</b>      |

Alzheimer’s.org came to do a presentation on identifying early signs of dementia and Alzheimer’s. The presentation was very informative and participants learned a lot.

<b>Date</b>	<b>Favorite Flicks</b>
7/5-6	Extortion
7/12-13	The Last Word
7/19-20	A United Kingdom
7/26-27	The Shack

**Tuesday Classics**

7/11	Man from Utah
7/18	Texas Terror
7/25	Rainbow Valley

**Parnell Park Senior Center**

**August 2017**

**Events/ Activities**

**August M/W/F**                                      **Chair Fitness**                                      **Attendance: 6-12**

Chair fitness is a preferred form of exercise for many seniors at Parnell Park. Attendance has been on the rise.

**August Mondays**                                      **Indoor Badminton**                                      **Attendance: 4-6**

Senior Center staff led a group in a game of indoor badminton. The group substitutes the ball with balloons to make it more enjoyable for the seniors.

**August Tuesday**                                      **Chess Club**                                      **Attendance: 4-6**

Chess guru David leads a group of participants in playing rounds of chess. He also takes the time to teach newcomers. In August David and John from the

**August Tuesdays**                                      **Bodhi Meditation**                                      **Attendance: 8-12**

Participants are led by an instructor in performing Bodhi meditation exercises. Jane utilizes different sense exercises such as light dimming and relaxing natural sounds.

**August Wednesdays**                                      **Dominos Club**                                      **Attendance: 6-10**

The Dominos club plays Mexican train and other varieties of Dominos games. The group has grown as of late, adding four new members.

**August Wednesdays**                                      **Line Dancing**                                      **Attendance 8-14**



Class instructor leads a one hour class for intermediate and beginner level dancers. It is a great way to get exercise and meet new people.

**August Tuesdays/Fridays**                      **Canasta Club**                      **Attendance: 4-12**

A group meets every Friday morning/ early afternoon to play Canasta. Canasta continues to be a very much enjoyed game/ activity for seniors at Parnell Park.

**August Fridays**                      **Walking Club**                      **Attendance: 3-6**

Motivated walkers go on walks around the vicinity of Parnell Park. The group improves their overall health while enjoying each other's company. The group enjoys walking early before it gets hot.

**August Fridays**                      **Needlework Club**                      **Attendance: 16- 30**

The needlework club meets every Friday and works on individual projects. Peers mentor each other to help learn new techniques.

**August 7**                      **AGA**                      **Attendance: 9**

Manuel Ponce of AGA sponsored a free morning of BINGO. Participants won prizes for every bingo they got!

**August 9**                      **Café Parnell**                      **Attendance: 36**

Brookdale Uptown Whittier cosponsored a tasty breakfast of egg frittatas, fresh fruit, sausage, and potatoes.

**August 14**                      **Hiking Club**                      **Attendance: 4**

The hiking club enjoyed an invigorating hike at the Brea Olinda Trails. We also had the chance to explore the old Olinda Oil Museum, quite the fun morning!

**August 14**                      **Healthy Aging**                      **Attendance: 6**

Pacific clinics put on a presentation about tips for healthy aging. Participants were able to ask questions and filled out an assessment to gauge their lifestyles.

**August 15**                      **Senior Craft**                      **Attendance: 10**

Leslie Belcher sponsored a craft using colorful gel beads creating stained glass window style pieces of art.

**August 17**                      **Digital Tutorial**                      **Attendance: 7**

Senior Center staff offered tutorials on using digital devices. This group had new smart phones that they were not sure how to use. The group especially enjoyed learning to use Facebook.

**August 18**                      **Ice Cream Social**                      **Attendance: 12**

Alex Rodriguez of Caremore sponsored free ice cream sundaes to all interested participants. He also spent time getting to know participants individually and share with them the services care more offers.

**August 21**                      **Talking to your Doctor**                      **Attendance: 2**

Manuel Ponce of AGA sponsored a presentation on talking with your doctor. He offered tips on how to ask questions and remember important bits.

**August 21**

**National Senior Citizen Day**

**Attendance: 25**

Five vendors came and participated in a free mini resource fair for our seniors in honor of senior citizens day. Participants enjoyed the raffle prizes and crafts.

**August 25**

**Birthday Celebration**

**Attendance: 6**

Brookdale Uptown Whittier brought a very tasty chocolate cake for our August Birthdays. Leslie Belcher e sponsored a craft, which everyone seemed to really enjoy!

**August 28**

**Let's Talk Alzheimer's**

**Attendance: 4**

Alzheimer's.org came to do a presentation on identifying early signs of dementia and Alzheimer's. The presentation was very informative and participants learned a lot.

**Date**

**Favorite Flicks**

8/2-3

Beauty and the Beast

8/9-10

Zookeepers Wife

8/16-17

Logan

8/23-24

Lost City of Z

8/30-31

Norman

**Tuesday Classics**

8/1

Frontier Horizon

8/8

Hell Town

8/15

Hurricane Express

8/22

Shadow of the Eagle

8/29

His Private Security



# Uptown Senior Center September Movies

Thursday and Friday @ 1:00 p.m.



**Sep. 7-8 Magnificent Seven (PG-13) 2:13 min.**

With the town of Rose Creek under the deadly control of industrialist Bartholomew Bogue, the desperate townspeople employ protection from seven outlaws, bounty hunters, gamblers and hired guns .



**Sep. 14-15 Gifted (PG-13) 1:41 min.**

Frank Adler is a single man raising a child prodigy - his spirited, young niece Mary - in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary.



**Sep. 21-22 Ghost in The Shell (PG-13) 1:46 min.**

While the mental divisions of those with dissociative identity disorder have long fascinated and eluded science, it is believed that some can also manifest unique physical attributes for each personality, a cognitive and physiological prism within a single being.



**Sep. 28-29 King Arthur (PG-13) 2:06 min.**

When young Arthur's father is murdered, Vortigern, Arthur's uncle, seizes the crown. Robbed of his birthright and with no idea who he truly is, Arthur comes up the hard way in the back alleys of the city. But once he pulls the sword from the stone, his life is turned upside down and he is forced to acknowledge his true legacy...whether he likes it or not.



# Parnell Park September Movies

Wednesday & Thursday @ 1:00p.m.

**September 6-7**

**John Wick 2-** Retired super-assassin John Wick's plans to resume a quiet civilian life are cut short when Italian gangster Santino D'Antonio shows up on his doorstep with a gold marker, compelling him to repay past favors.



**September 13-14**

**Gifted-** Frank Adler (Chris Evans) is a single man raising a child prodigy - his spirited young niece Mary (Mckenna Grace) - in a coastal town in Florida.



**September 20-21**

**Going in Style-** Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty



**September 27-28**

**Their Finest-** In 1940, a married woman (Gemma Arterton) and a screenwriter (Sam Claflin) develop a growing attraction while working together on a propaganda film about the evac-





# Uptown Senior Center September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Live Music</b> <b>Wednesday &amp; Thursday</b> <b>9-11:30 am</b>					<b>1</b> 9-9:45 am Chair Fitness 10-11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Ricks	<b>2</b> 9- 12 pm Stained Glass* 10-11am Tai Chi*
<b>3</b> 12:30-3 pm Open Bridge Play	<b>4</b> <b>CLOSED FOR LABOR DAY</b>	<b>5</b> 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility*	<b>6</b> 9-9:45 am Chair Fitness 9-10 am Hearing 9-11 am Needle Crafters 9-12 pm Quilling* 12:30-3:30 pm Canasta 5:30 pm -Fun w/ Fabric 6:30-7:30pm Zumba Gold*	<b>7</b> 9- 12 pm Quilling* 9- 11:30 am Chess 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	<b>8</b> 9-9:45 am Chair Fitness 10-11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Ricks	<b>9</b> 8:15-9:30 am American War Mothers 9- 12 pm Stained Glass* 10-11am Tai Chi*
<b>10</b> 12:30-3 pm Open Bridge Play	<b>11</b> 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 3 pm Ping Pong	<b>12</b> 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility*	<b>13</b> 9-9:45 am Chair Fitness 9- 11 am Needle Crafters 9- 12 pm Quilling* 10:30 am Blood Sugar 12:30-3:30 pm Canasta 1:00 pm Writing 5:30 pm-Fun w/ Fabric* 6:30-7:30pm Zumba Gold*	<b>14</b> 9- 12 pm Quilling* 9- 11:30 am Chess 9:30-11am Yoga* 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	<b>15</b> 9-9:45 am Chair Fitness 10- 11am Writing Group 10:30- 11:30 am PET 1 pm Movie 1-4 pm Beading 1 pm Friday Ricks	<b>16</b> 9- 12 pm Stained Glass* 10- 11am Tai Chi* 10-12pm Disabled Vets
<b>17</b> 12:30-3 pm Open Bridge Play	<b>18</b> 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 3 pm Ping Pong	<b>19</b> 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility* 6:30-9:30 p.m. American Legion	<b>20</b> 9-9:45 am Chair Fitness 9- 11 am Needle Crafters 9- 12 pm Quilling* 12:30-3:30 pm Canasta 5:30 pm-Fun w/ Fabric* 6:30-7:30 pm Zumba Gold*	<b>21</b> 9- 12 pm Quilling* 9- 11:30 am Chess 9:30-11am Yoga* 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	<b>22</b> 9-9:45 am Chair Fitness 10- 11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Flicks	<b>23</b> 9- 12 pm Stained Glass* 10-11am Tai Chi*
<b>24</b> 12:30-3 pm Open Bridge Play	<b>25</b> 9-9:45 am Chair Fitness 10-11 am Book Club 12:30-4 pm Whittier Bridge 1pm Monday Movie 3 pm Ping Pong	<b>26</b> 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 10-11am Book club 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility*	<b>27</b> 9-9:45 am Chair Fitness 9- 11 am Needle Crafters 9- 12 pm Quilling* 12:30-3:30 pm Canasta 1:00 pm Writing 5:30 pm-Fun w/ Fabric* 6:30-7:30 pm Zumba Gold*	<b>28</b> 9- 12 pm Quilling* 9- 11:30 am Chess 9:30-11am Yoga* 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	<b>29</b> 9-9:45 am Chair Fitness 10:30 am Birthday Celebration 10- 11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Flicks	<b>30</b> 9- 12 pm Stained Glass* 10-11am Tai Chi*
						*Registration and/or fee required



# Parnell Park

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Autumn

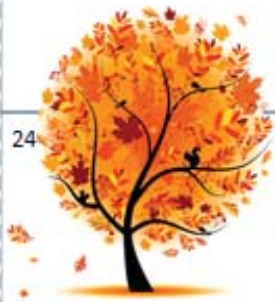
**\*Registration and/or fee required**

**RED= Trips/ special events**

**BLUE= Pre-registration required**



					1 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	2 8 am Outdoor meditation *apt required 9 am Creative Painting
3	4 <b>CLOSED</b> <i>Labor Day</i>	5 9 am Creative Painting* 9 am Chess 10 am Movie 11 am Bodhi Meditation 1 pm Writing	6 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance	7 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	8 <b>Whittier Day at Fair</b> 8:30 am Chair Fitness 8:30 am Walking Club 9a <b>BINGO</b> — <u>Caremore</u> 10 am Needlework 10 am Tai Chi*	9 <b>Sea Glass Festival</b> 8 am Outdoor meditation *apt required 9 am Creative Painting 930a BINGO
10	11 8 am Hike/ Lunch <u>Bolsa Chica Ecological Reserve</u> 8:30 am Chair Fitness 10 am Yoga* 11am Badminton	12 9 am Creative Painting* 9 am Chess 10 am Movie 11 am Bodhi Meditation 1 pm Writing	13 8:30 am Chair Fitness <b>9am Café Parnell</b> 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance	14 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	15 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	16 8 am Outdoor meditation *apt required 9 am Creative Painting
17	18 8:30 am Chair Fitness 10 am Yoga* 10a <b>AGA How to use FB</b> 11am Badminton 12 pm Spotting Insurance Fraud	19 9 am Creative Painting* 9 am Chess 9 am <b>Craft—Leslie Belcher</b> 10 am Movie 11 am Bodhi Meditation 1 pm Writing	20 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance*	21 9am <b>Digital Tutorial</b> 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	22 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi* 12 pm <b>Birthday Cake</b>	23 <b>Oktoberfest</b> 8 am Outdoor meditation *apt required 9 am Creative Painting
24	25 8:30 am Chair Fitness 10 am Yoga* 10a <b>Self Defense Presentation</b> 11am Badminton	26 9 am Creative Painting* 9 am Chess 10 am Movie 11 am Bodhi Meditation 1 pm Writing <b>4 pm Dinner/ Movie</b>	27 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance*	28 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	29 8 am Hike— <u>Arroyo Pescadero</u> 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	30 8 am Outdoor meditation *apt required 9 am Creative Painting





# MEMORANDUM

ITEM 6B2

**Date:** September 13, 2017  
**To:** Senior Advisory Committee  
**From:** Ruri Pierre, Community Services Supervisor  
**Subject:** **FACILITY AND SAFETY OVERVIEW REPORT**

## Recommendation

It is recommended the Committee receive and file this update report for the facility and safety review of the Uptown Senior Center.

## Background

The Facility and Safety Subcommittee tries to meet after each Advisory Committee meeting to survey the Uptown Senior Center regarding safety issues. This report is transmitted to the Senior Advisory Committee for approval and to ensure repairs are carried out in a timely manner.

## Discussion

There are no new items to add to the list.

## Fiscal Impact

Each repair item will have a cost. These matters will be discussed further during the Committee meeting.

<b>Date</b>	<b>Item of Concern</b>	<b>Location</b>	<b>Action Taken</b>	<b>Completed</b>
November 9, 2016	Stained carpet	Throughout the whole building	Quotes from carpet reps were received in 2014 and 2016. City Council approved a new carpet in the FY 2017-18 Budget.	Ongoing cleaning monthly
February 16, 2017	Ceiling Tiles that are damaged	Throughout the whole building	Dates and times for replacement and painting of tiles TBD. City approved new tiles in the FY 2017-18 Budget.	Ongoing