SENIOR SERVICES

13225 Walnut Street
(562) 567-9470
Nutrition Program
(562) 567-9439

Hours of Operation:
Monday-Friday-8 a.m. to 5 p.m.
Sunday- Noon to 4 p.m.

15390 Lambert Road
(562) 567-9450

Hours of Operation
Monday-Friday
8 a.m. to 5 p.m.
Saturday 8 a.m. to 4 p.m.
Saturday evening &
Sundays - Rentals only

ARTS & CRAFTS 55+

Beading Club 55+

Create your own design with color to match your ensemble. Needles and thread are provided. **Bring your own beads or purchase them from the instructor.** Class is ongoing. **NO CLASS 11/29**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Beverly Moreau
Fee: FREE

Ongoing	F	1:00-4:00 p.m.	55+

Creative Painting 55+

Learn how to express yourself creatively on canvas. **Pick up a supply list at time of registration.**

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Rodolfo Spadano 11 classes
Fee: $58

32496	9/17-12/3	T	9:00-11:00 a.m.	55+

Fun with Fabric 55+

Come drop in and sew! Learn what you can do with fabric and a sewing machine. **Sewing machine needed. Come with your own sewing project.**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Susan Arrieta
Fee: FREE

Ongoing	W	5:30-8:30 p.m.	55+

Needle Crafters 55+

Novice to experienced. Learn to make scarves, sweaters, booties, tablecloths, hats, and more with crochet, knitting, and needle point. Class is ongoing. **Registration not required. NO CLASS 11/28, 11/29, 12/26**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Roxy Considine 14 classes
Fee: FREE

Ongoing	W	9:00-11:00 a.m.	55+
Ongoing	Th	1:00-3:00 p.m.	55+

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Roxy Considine 13 classes
Fee: FREE

Ongoing	F	9:30 a.m.-12:00 p.m.	55+

Origami 55+

Learn basic origami folds, how to follow instructions, modify instructions for original creations and find more in books and the internet. Participants will make multiple figures of increasing complexity.

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: David Thomforde 6 classes
Fee: $32 **Resident Discount Fee:** $27

32550	9/17-10/22	T	6:00-7:00 p.m.	55+
32551	10/29-12/3	T	6:00-7:00 p.m.	55+

Quilting for 55+

Beginners will be given an easy pattern to get you started. Experienced quilters will discuss patterns, ideas, and supplies needed for your project. **NO CLASS 11/28**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Susan Druke 6 classes
Fee: $22 **Resident Discount Fee:** $17

32467	9/25-10/30	W	9:00 a.m.-12:00 p.m.	55+
32468	9/26-10/31	Th	9:00 a.m.-12:00 p.m.	55+
32469	11/13-12/18	W	9:00 a.m.-12:00 p.m.	55+
32470	11/14-12/26	Th	9:00 a.m.-12:00 p.m.	55+

Watercolor Painting Workshop 55+

Students will learn basic watercolor techniques while developing their own style. All levels welcome. **Supply list available at the office. Supplies may cost $20 and up.**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Kathy Breaux 5 classes
Fee: $38 **Resident Discount Fee:** $33

32485	9/17-10/15	T	9:30-11:30 a.m.	55+
32487	10/22-11/19	T	9:30-11:30 a.m.	55+

Fee: $32 4 classes **Resident Discount Fee:** $27

32531	11/26-12/17	T	9:30-11:30 a.m.	55+

COMPUTER CLASSES 55+

Computers Classes 55+

Computer Technology

Have you considered upgrading your computer skills to enable you to operate all the new, exciting computer equipment such as digital cameras and flash drives? Students will learn how to use this type of technology, and what to consider when purchasing them. This class is good for learners with basic computer knowledge and Internet skills in order to advance their level of expertise. **$10 supply fee due to instructor at first class.** **NO CLASS 11/28**

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: AGI Academy 6 classes
Fee: $80

33125	9/19-10/24	Th	3:00-4:00 p.m.	55+
33123	11/7-12/19	Th	3:00-4:00 p.m.	55+

Intro to Computers

This class will introduce you to all the basic skills and terms you will need to operate a computer. **$10 supply fee due to instructor at the first class.** **NO CLASS 11/28**

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: AGI Academy 6 classes
Fee: $80

33124	9/19-10/24	Th	12:30-1:45 p.m.	55+
33121	11/7-12/19	Th	12:30-1:45 p.m.	55+

Intro to Internet & Email

Class includes hands-on practice, free e-mail account setup, ability to surf the Internet, and learning how to use search engines. This class will benefit those Internet beginners with limited computer knowledge. **$10 supply fee due to instructor at the first class.** **NO CLASS 11/28**

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: AGI Academy 6 classes
Fee: $80

33126	9/19-10/24	Th	1:45-3:00 p.m.	55+
33122	11/7-12/19	Th	1:45-3:00 p.m.	55+

CREATIVE WRITING 55+

Creative Writing - 55+

Writing About Your Family & You

This course will give you ideas, help you organize your thoughts, and encourage you in writing about yourself, your family, and the events in your life. Presented by the Whittier Area Genealogical Society. **Meets 2nd & 4th Wednesdays of the month.** **NO CLASS 12/25**

Location: Whittier Senior Center, 13225 Walnut St.
Fee: FREE

Ongoing	W	1:00-3:00 p.m.	55+

Writing Class at Parnell

Come and share your writings with a group of people who will help with ideas and suggestions on how to make your writing better.
NO CLASS 12/24 & 12/31

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Fee: FREE

Ongoing	T	1:00-3:00 p.m.	55+

Pick up a Senior Moments Newsletter at the Uptown or Parnell Senior Center!

DANCE 55+

Contra Dancing 55+

Two left feet? No worries. If you can walk, you can dance! Contra dancing uses many of the same figures as square dancing, but because it is danced in 2 long lines, any number of couples can dance. Not necessary to bring a partner and a great way to meet new people!
NO CLASS 11/28

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Kathryn Hunter & David Thomforde 12 classes
Fee: $53 **Resident Discount Fee:** $48

32537	9/19-12/12	Th	6:00-7:30 p.m.	55+

Dance Time 55+

Ballroom dance instructions will cover Fox Trot, Waltz, Tango, Swing, Cha Cha, Rumba, Salsa, Merengue, Cumbia, Two-Step, Line Dance and more! Social Dancing to follow. **NO CLASS 11/11**

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Lambert Guadez 6 classes
Fee: $27

32552	9/16-10/21	M	1:00-2:30 p.m.	55+
32553	10/28-12/9	M	1:00-2:30 p.m.	55+

Line Dancing 55+

Line Dance with Trish - Intermediate

Learn popular new line dances as well as old favorites. It's fun, good exercise and you don't need a partner. **No need to pre-register, just bring $3 to each class.** **NO CLASS 11/29**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Trish La Commare
Fee: $3

Ongoing	F	1:30-3:00 p.m.	55+

Beg. Line Dancing

NO CLASS 10/30

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: KC Douglas
Fee: $3

Ongoing	W	2:10-3:00 p.m.	55+

Easy Intermediate Line Dancing

Come and dance on Wednesdays! No need to pre-register, just bring $3.00 to each class. **NO CLASS 10/30**

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: KC Douglas
Fee: $3

Ongoing	W	1:00-1:50 p.m.	55+

FITNESS 55+

Chair Fitness 55+

Chair Fitness encourages health and fitness for active people or those whose physical condition, restricted mobility, or age limits their participation in conventional forms of exercise. **Class is ongoing. Registration not required.** **NO CLASS 11/11, 11/29, 12/25 & 1/1**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Video
Fee: FREE

Ongoing	M/W/F	9:00-9:45 a.m.	55+

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Video
Fee: FREE

Ongoing	M/W/F	8:30-9:30 a.m.	55+

Tai Chi for Health & Well Being for 55+

User friendly class is easy to follow. An ancient, natural healing system focusing on smooth, slow movements for inner calm, focus, energy, balance, stress release, stamina, mental clarity and relaxation. **No need to pre-register, just bring $3 to each class.**

NO CLASS 11/28, 11/29, 12/24 & 12/31

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Becky English
Fee: $3

Ongoing	T	10:00-11:00 a.m.	55+
Ongoing	Th	11:30 a.m.-12:30 p.m.	55+
Ongoing	S	10:00-11:00 a.m.	55+

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Becky English
Fee: $3

Ongoing	F	10:00-11:00 a.m.	55+

Yoga for 55+

Class will provide a deep tension release and a noticeable rise in energy levels. Students will practice gentle stretches, proper breathing, relaxation, and meditation. **Bring a mat and 3 firm blankets to class.**

NO CLASS 11/11

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Janet Syberg 9 classes
Fee: $35 **Resident Discount Fee:** $30

32492	9/19-11/14	Th	9:30-11:00 a.m.	55+

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Janet Syberg 9 classes
Fee: $30

32491	9/16-11/18	M	10:00-11:30 a.m.	55+

Zumba Fitness Gold 55+

Learn to dance Salsa, Merengue, Cha Cha, Mambo, Cumbia, and much more all while getting a great workout. **NO CLASS 11/11 & 11/28**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: Leonor Garza 10 classes
Fee: $37 **Resident Discount Fee:** $32

32493	9/18-11/20	W	6:00-7:00 p.m.	55+

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: Leonor Garza 10 classes
Fee: $32

32495	9/16-11/25	M	6:00-7:00 p.m.	55+
32494	9/19-11/21	Th	6:00-7:00 p.m.	55+

SENIOR CLUBS FOR 55+

Book Club at Uptown Center

Join us for an hour of fun at our new book club. We meet the 4th Tuesday of each month. Come and share your ideas. 10:00-11:30 a.m.

Card Clubs

Uptown Senior Center, 13225 Walnut St.
Open Play Canasta Tues./Wed. 12:30-3:30 p.m.
Open Play Bridge Sun. 12:30-3:00 p.m.
Parnell Park, 15390 Lambert Rd.
Open Play Canasta Every Friday 12:30-3:30 p.m.

Guirado Park Club

Tuesdays - 10:00 a.m. - 2:00 p.m.

Palm Park Club

2nd Saturday of the month - 9:30 a.m. - 1:30 p.m.

Senior Clubs Continued:

Parnell Park Club

Thursdays - Bingo 9:30 a.m. - 2:00 p.m.
2nd Saturday - Social 10:00 a.m. - 3:00 p.m.

St. Mary's Senior Club at Community Center

Friday - 10:00 a.m. - 1:00 p.m.

Whittier Bridge Club at Uptown Center

Mondays - 12:30 p.m. - 4:00 p.m.

Walking Clubs at the Uptown Senior Center

Enjoy walking with energetic leaders to local landmarks. Please check the "Senior Moments" for listing.

Parnell Walkers at Parnell Park

Pick up your walking card from the office and log the miles you walk. See the Parnell Park office for details.

SPECIAL EVENTS 55+

AARP Driver Safety Program

Sponsored by the American Association of Retired Persons (AARP) and the City of Whittier. Two-day driver education class for adults 50 and over. Reserve your spot today at one of the Senior Centers. **AARP Members $12; Non Members $14. Pay at the first class. Make checks payable to AARP.**

Location: Whittier Senior Center, 13225 Walnut St.
Instructor: AARP 2 classes

32564	10/7-10/9	M/W	12:30-4:30 p.m.	50 yrs.-adult

Annual Senior Art Fair & Open House

Artwork will be displayed by seniors who have participated in art classes at the Uptown and Parnell Park Senior Centers. Displays will include Stained Glass, Beading, Needlework, Sewing and Paintings. Bring your family and friends to see the great works of art!

Location: Whittier Senior Center, 13225 Walnut St.
Fee: FREE

12/12	Th	10:00 a.m.-7:00 p.m.	All Ages
12/13	F	9:00 a.m.-12:00 p.m.	All Ages

Birthday Celebration 55+

We want to celebrate your special day! Each month we'll be celebrating the birthdays of our senior members. Call one of the Senior Centers for your reserved spot. **Last Friday of every month.**

Location: Whittier Senior Center, 13225 Walnut St.
Fee: FREE

F	10:30-11:30 a.m.	55+

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Fee: FREE

F	12:00-1:00 p.m.	55+

Cafe Parnell 55+

Join us the 2nd Wednesday of the month. A different menu of breakfast favorites, as well as fun activities are offered to kick start your day. Pay at the office the week before the breakfast.

No sales the day of the breakfast.

Location: Parnell Park Activity Center, 15390 Lambert Rd.
Instructor: City Staff 1 class
Fee: $2

32513	10/9	W	9:30-11:00 a.m.	55+
32514	11/13	W	9:30-11:00 a.m.	55+
32515	12/11	W	9:30-11:00 a.m.	55+

Dinner & A Movie!

Come and enjoy a homemade dinner and movie. Reservations must be made by the Friday before the scheduled dinner or until the event is full.
Location: **Whittier Senior Center, 13225 Walnut St.**
Instructor: **City Staff** **1 class**
Fee: **$6**
32511 10/28 M 4:00-6:30 p.m. 55+

Location: **Parnell Park Activity Center, 15390 Lambert Rd.**
Instructor: **City Staff** **1 class**
Fee: **$6**
32509 10/22 T 4:00-7:00 p.m. 55+

Harvest Feast

The annual Thanksgiving luncheon with music, food and prizes. Enjoy a wonderful turkey lunch with all the fixin's.
Location: **Parnell Park Activity Center, 15390 Lambert Rd.**
Instructor: **City Staff** **1 class**
Fee: **$12** **Member Fee:** **$9**
33191 11/25 M 11:30 a.m.-2:00 p.m. 55+

Holiday Soiree

Celebrate the Holiday season with an afternoon of tree trimming, holiday music and seasonal treats! Registration is not required.
Location: **Whittier Senior Center, 13225 Walnut St.**
Instructor: **City Staff** **1 day**
Fee: **FREE**
12/5 Th 12:30-2:00 p.m. 55+

Location: **Parnell Park Activity Center, 15390 Lambert Rd.**
Instructor: **City Staff** **1 class**
Fee: **FREE**
12/6 F 11:30 a.m.-1:00 p.m. 55+

Senior Dances 55+

Senior Halloween Dance
Enjoy a live performance and dancing. Get dressed to scare, shock or simply be silly for a costume contest. Door prizes will be raffled and refreshments will be served.
Location: **Parnell Park Activity Center, 15390 Lambert Rd.**
Instructor: **City Staff** **1 class**
Fee: **$10** **Member Fee:** **$7**
33190 10/25 F 4:00-7:00 p.m. 55+

SUPPORT SERVICES 55+

Caregiver Support 55+

Do you need information on being a beneficial caregiver, finding a caregiver, or want to meet other people that are in the caregiver field, and need advice? This open group meets once a month.
Provided by: SASSFA
Location: **Uptown Senior Center, 13225 Walnut St.**
Fee: **Free** **1st Tuesday of the month** **1:00-2:00 p.m.**

Free Health Screenings for Seniors 55+

Blood Pressure Testing
Provided by Apple Care
1st Thurs. 10:00-10:30 a.m. Uptown Center, 13225 Walnut St.

Blood Sugar Testing
Provided by Sorenson Convalescent Hosp.
2nd Wed. 10:00-10:30 a.m. Uptown Center, 13225 Walnut St.
9:00 - 9:30 a.m. Parnell Park, 15390 Lambert Rd.

Hearing Aid Check and Screening Provided by Whittier Hearing
Odd Months 9:30-10:30 a.m. Uptown Center, 13225 Walnut St.
Even Months 9:30 - 9:30 a.m. Parnell Park, 15390 Lambert Rd.

Grief and Loss 55+

The Intercommunity Counseling Center offers a monthly Grief Support Group. The group facilitator will offer a mix of educational information on the grieving process, along with support for those experiencing grief. Topics include: stages of grief, adjusting to a new loss, moving on, gaining adequate support during the death and dying process and the importance of anniversary dates in grieving.
Location: **Uptown Senior Center, 13225 Walnut St.**
Fee: **Free** **Fridays** **1:00-2:00 p.m.**

Legal Services 55+

FREE Legal assistance to seniors. The services includes advice and counseling. Appointment required.
Location: **Uptown Senior Center, 13225 Walnut St.**
Fee: **Free** **1st Tuesday of the month** **6:30-8:00 p.m.**

THERAPEUTIC RECREATION

Bowling Program

Bowling for participants 8 years and older who are developmentally disabled. Participants learn bowling skills and teamwork. Call the Uptown Senior Center for more information. **Fee payable at each meeting.**
Location: **Friendly Hills Lanes, 15545 E. Whittier Blvd.**
Fee: **$6.50 per week**
9/21-5/17 S 10:00 a.m.-12:00 p.m. 8 yrs.-adult

Friday Night Dances

Dance to your favorite tunes, socialize with friends, and have a great time. **Dances are held the 1st & 3rd Fridays of each month.** Dances are for those who are developmentally disabled, 15 years and older.
Location: **Palm Park, 5703 Palm Ave**
Instructor: **City Staff**
Fee: **$2**
9/20-6/20 F 7:00-9:00 p.m. 15 yrs.-adult

Game Night

Activities for those who are developmentally disabled, 15 years and older, include fitness, cooking, crafts, indoor and outdoor games, self improvement classes, and special events. Family potlucks are scheduled throughout the year. Fee for community excursions varies.
Location: **Palm Park, 5703 Palm Ave**
Instructor: **City Staff**
Fee: **$2**
Ongoing T 6:30-8:30 p.m. 15 yrs.-adult

New Frontier Players

Lights, camera, action! Drama class culminating in a one act play. Class for persons 15 years and older who are developmentally disabled. **Performance will take place on Tuesday, December 10.**
NO CLASS 11/11
Location: **Whittier Senior Center, 13225 Walnut St.**
Instructor: **Michael Eiden** **10 classes**
Fee: **$20** **Resident Discount Fee:** **$15**
32554 9/16-12/10 M 6:30-8:30 p.m. 15 yrs.-adult

Special Arts Program

Come and express your creativity through the many mediums of arts. Mold, fold, and be bold with your creativity. **Class is for those who are developmentally disabled 15 years and older. Must pre-register.**
Location: **Whittier Senior Center, 13225 Walnut St.**
Instructor: **Lisa Angelo** **10 classes**
Fee: **$20** **Resident Discount Fee:** **$15**
32557 9/19-11/21 Th 7:00-9:00 p.m. 15 yrs.-adult