City of Whittier SENIOR MOMENTS

December 2013

Disponible Traductor

SENIOR ART FAIR & OPEN HOUSE

Join us **Thursday, December 12, 10:00 a.m. to 7:00 p.m. and Friday, December 13, 9:00 a.m. to 2:00 p.m.** at the Uptown Whittier Senior Center to view artwork that will be on display by seniors who have participated in art classes at the Uptown and Parnell Park Senior Centers. Artwork on display includes: Oil, Pastel, and Acrylic Painting, Watercolor, Quilting and Fun with Fabric (sewing), Needlework, Beading, and Stained Glass.

Uptown Whittier Senior Center
13225 Walnut Street
Whittier, CA 90602
Call (562) 567-9470 for more information.

HOLIDAY SOIREE

Join us for a tree trimming, complete with music, seasonal treats, friends, socialization and much, much more!

Uptown Senior Center
Thursday, December 5
12:30 - 2:00 p.m.

Parnell Park Community
& Senior Center
Friday, December 6
11:30 a.m. - 1:00 p.m.

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Trips

Trip Reminders

Tues., December 17 - Ronald Reagan Presidential Foundation & Library - SOLD OUT!
Parnell Park: 8:20 a.m. Transit Depot: 8:40 a.m.
Returns at 4:30 p.m. Take a look into the five decade career of Ronald Reagan. This year, the annual Christmas Tree Exhibit will showcase the great state of California. Lunch for purchase at the library or you may bring your own lunch.
Cost: $25 Member: $22

Upcoming Registration

Registration Dates:

- Wednesday, December 4, 8 a.m. through Thursday, December 5, 8 a.m.—Members ONLY online at www.WhittierRec.com
- Friday, December 6, 8 a.m.—Members ONLY walk-in at Uptown Center and Parnell Park. Spaces will be held for this date.
- Monday, December 9, 8 a.m.—Members ONLY waiting list call-in and General walk-in registration for all seniors.

Note: Those that register online without an up-to-date member registration will be dropped. You may register yourself and one other senior who must also be a member for early registration.

Trip Rating Scale

E Easy - Generally only light walking.

M Moderate - Some walking necessary, should be able to stand or walk for longer periods of time without assistance.

A Active - Better physical condition, lots of walking included.

Upcoming Trips

Thurs., January 2 - Post Rose Parade Float Viewing
A **Parnell Park: 8 a.m. Transit Depot: 8:20 a.m.**
Returns at 5 p.m. Spend the morning viewing the beautiful Rose Parade Floats along a 2.5 mile stretch. Then enjoy lunch along Colorado Blvd where there are many dining options available.
Cost: $18 Members: $15 Online# 33693

Tues., January 21 - The Getty Center
M **Parnell Park: 8:40 a.m. Transit Depot: 9 a.m.**
Returns at 4 p.m. Spend the day appreciating all the exhibits and grounds that The Getty Center has to offer. Lunch on your own at The Getty Center.
Cost: $13 Members: $10 Online# 33694

Mon., February 10 - Viejas Casino
E **Transit Depot ONLY: 8 a.m.**
Returns at 6 p.m.. Viejas Casino in San Diego offers the most impressive mix of restaurants and gaming options. We have every confidence that your visit will not only meet, but exceed your expectations.
Cost:$18 Members: $15 Online# 33695

Wed., February 26 - Fillmore & Western Railway Co. Heritage Valley Tour
E **Parnell Park: 8:20 a.m. Transit Depot: 8:40 a.m.**
Returns at 6 p.m. Board a vintage dining car where you will enjoy a three-course "Heritage Valley" lunch while on your way to Santa Paula. There are museums, gift shops, and scenery to enjoy.
Cost: $63 Member: $60 Online# 33696

Thurs., March 6 - The Huntington Library
M **Parnell Park: 9:20 a.m. Transit Depot: 9 a.m.**
Returns at 4 p.m. Browse collections of materials in the fields of British and American history and literature. Lunch on your own at the Huntington Library.
Cost: $13 Members: $10 Online# 33697

Overnight Tour

San Francisco - Napa Valley Wine Train
4 Days -3 Nights, Sun., March 9 - Wed., March 12, 2014
Cost: $799.50 per person
$629.50 per person (double occupancy)
Informational presentation Wednesday, December 18
Contact the Uptown Whittier Senior Center for more information at (562) 567-9470.

Whittier Village Cinemas

CareMore is sponsoring Senior Movie Days which feature complimentary admission at Whittier Village Cinemas including popcorn and a soft drink. Shows at 11:00 a.m. on the following dates:

December 4 & 18.

Call CareMore at 1-800-499-2793 for more info.

NEW DATE! Landlord ■ Tenant and Elder Abuse ■ Conservatorships

Tuesday, December 17, from 6:30-8:30 p.m.
Attorneys Lisa A. Meyers, Giovanni Pierce, and a special guest will be speaking about landlord/tenant and elder abuse/conservatorships.
Join them at the Whittier Uptown Senior Center, located at 13225 Walnut Street, Whittier 90602.

Cafe Parnell Fee Increase

Beginning in January, Café Parnell will reflect a fee increase from $2.00 to $3.00. Café Parnell is offered on the 2nd Wednesday of every month. Reminder: tickets must be purchased up to the Friday before the breakfast.

Dial ■ A ■ Ride Plus

Effective Monday, November 4, 2013

The new "Dial-A-Ride PLUS" program will be used for out-of-city medical and dental trips only, as well as traveling to Rose Hills Memorial Park. Passengers will purchase cards in one of two denominations: $12 (12, $1 ride boxes) or $24 (24, $1 ride boxes). The initial operating hours will be from 8:00 a.m. to 4:30 p.m., Monday - Friday. No service on weekends or holidays. All trips must be prescheduled at least one day in advance. No same-day service will be available at this time.
For more information, contact the Transit Office at (562) 567-9480.

Lunch Reservation Procedure

To participate in the SASSFA Nutrition Program at the Uptown Center, the following policy must be followed:

1. Effective July 1, 2012, participants must submit a completed intake form to the Nutrition Coordinator at the Uptown Senior Center. Intake forms are available at the Center.
2. Reservations for participants who have completed an intake form are made on Wednesdays for the following week. Sign up at the nutrition site or call (562) 567-9439.
3. You **MUST** sign in for lunch between 9:00 — 11:00 a.m. in person.
4. If you are not able to make it to lunch, please call the Nutrition Coordinator to cancel so that space may be made available for another senior to have lunch.

The price of lunch is a suggested donation of $2.75 for seniors 60 years and older.

Helpful Hints

Utility Users' Tax Exemption
Water, Solid Waste Collection and
Sewer Fee Discount

To qualify:

- User of utilities must live at premises
- Combined gross income of ALL members of the household, living at premises, is of $29,550 or less for the prior calendar year.

*Income tax returns and official statement(s) to verify last year's annual income required.

For more information call (562) 567-9470 and/or pick up the application at the Uptown Senior Center.

Uptown Senior Center

BLOOD PRESSURE SCREENING

1st Thursday, at 10:00 a.m.
Provided by AppleCare.

BLOOD SUGAR SCREENING

2nd Wednesday, 10:00 a.m.
Provided by SoCal Post Acute Care.

ANNUAL ENROLLMENT PERIOD Q & A

Tuesday, December 3 at 10:00 a.m.
Get your questions answered. Information presented by HRBC Insurance.

HAIRCUTS

Monday, December 16 from 9 a.m. to 12 noon
Sign-up for a FREE haircut sponsored by CareMore. Make your appointment today! Space is limited.

TRAVEL TIME TOURS PRESENTATION

Wednesday, December 18 at 11 a.m.
Representatives from Travel Time Tours will be available to answer any questions you may have regarding the upcoming San Francisco—Napa Valley Wine Train Tour. This trip is sure to be a wonderful and memorable experience.

HOLIDAY GREETING CARDS

Wednesday, December 18 at 1:30 p.m.

Sign-up to make festive holiday greeting cards. Space is limited.
Only $5. You must sign-up by Monday, December 16.

BINGO

Thursday, December 19 at 2:00 p.m.
Spend time socializing with others while playing multiple games of BINGO and have the opportunity to walk away a winner! Sponsored by CareMore.

BIRTHDAY CELEBRATION

Friday, December 20 at 10:30 a.m.
Join us as we celebrate all of the December Birthday Babies with cake and conversation! Sponsored by CareMore.

HOLIDAY HOURS & CLOSURES

The Uptown Whittier Senior Center will be observing the following schedule for regular business during the holidays:
Monday, December 23, 8:00 a.m. - 5:00 p.m.
Tuesday, December 24, 8:00 a.m. - 12 noon
Wednesday, December 25 CLOSED
Thursday, December 26, 8:00 a.m. - 5:00 p.m.
Friday, December 27, 8:00 a.m. - 5:00 p.m.
Sunday, December 29, 12:00 - 4:00 p.m.
Monday, December 30, 8:00 a.m. - 5:00 p.m.
Tuesday, December 31, 8:00 a.m. - 12 noon
Wednesday, January 1 CLOSED
Thursday, January 2, 8:00 a.m. - 5:00 p.m.
Friday, January 3, 8:00 a.m. - 5:00 p.m.

MONDAY MOVIES

Fa-La-La-La-La Holiday Movies!

December 2	Christmas in Connecticut
December 9	Meet Me in St. Louis
December 16	White Christmas
December 23	Miracle on 34th Street

All Monday Movies begin at 1:00 p.m.

To make a reservation, call (562) 567-9450

HOLIDAY HAIRCUTS

Friday, December 13 from 11 a.m. to 1 p.m.
Provided by CareMore. Sign up for a free haircut this holiday season. Call to be placed on the list, space is limited. It is first-come-first served for those who are on the list.

HOLIDAY CRAFT ACTIVITIES

Tuesday, December 17 from 10 a.m. to 12 noon
Sponsored by A-1 Home Care. Get busy this season with creating some holiday-themed crafts. Limited space, register soon for a seat.

PAPER CONE TREE CRAFT

Thursday, December 19 from 10 a.m. to 12 noon, $2 fee

Sign up for this easy and unique holiday tree craft made with paper dots, glitter, and other fun material. Space is limited, so please sign up soon.

HOLIDAY HOURS CLOSURES

Monday, December 23, 8:00 a.m. - 5:00 p.m.
Tuesday, December 24, 8:00 a.m. - 12 noon
Wednesday, December 25 through Wednesday, January 1, CLOSED
Regular business hours beginning Thursday, January 2, 2014. 8:00 a.m.—5:00 p.m.

Café Parnell

Wednesday, December 11
Breakfast served at 9:30 a.m.
Only $2*
Omelet Bar & Fresh Fruit
Co-sponsored by
Emeritus of Casa Whittier &
Emeritus at Whittier
*Tickets must be purchased up to the Friday before the breakfast.
Online# 32514

*Café Parnell Fee Increase.
Beginning January 2014, Café Parnell will cost $3.

FRIDAY HOLIDAY MOVIES

Stop by for hot cocoa and watch a holiday movie.
All showings begin at 10 a.m.

White Christmas, December 6
The Polar Express, December 13
It's a Wonderful Life, December 20

BIRTHDAY CELEBRATION

Friday, December 20 at 12 noon

Join us as we celebrate all of the December Birthday Babies. We will enjoy cake, decaf coffee, and lemonade. Please call to reserve a seat. Cake sponsored by Emeritus of Chateau Whittier.

Services

LEGAL ASSISTANCE

Uptown Senior Center
1st Tuesday, 6:30-8:30 p.m.
FREE, 15-minute legal assistance to seniors.
Services include advice and counseling.
By appointment only.

BEAREVEMNT & BEYOND

Uptown Senior Center
EVERY Wednesday, 9:30 a.m.
Grief is a natural response to loss.
But any loss can cause grief including:

- A relationship breakup
- Loss of health
- Loss of financial stability
- Death of a pet
- Loss of a cherished dream
- Loss of a job

Intercommunity Counseling Center offers monthly grief support. Group facilitator will offer a mix of educational information on the grieving process, along with support for those experiencing grief.

CAL FRESH FOOD STAMP BENEFITS

Uptown Senior Center
Please call (562) 567-9470 for more info.
Seniors with low income who do not collect SSI/SSP. By appointment only. To expedite your service, pick up the application beforehand in the Information & Referral office at the Uptown Senior Center.

THE SIXTH DAY FOUNDATION

The Sixth Day Foundation operates a pet food pantry to supply free pet food for owners who cannot afford to feed their animals. You can stop by either Center to get a free bag of food.

For more information, contact The Sixth Day at (562) 447-4727.

HEARING-AID CHECK

Thursday, December 12
Parnell Park: December
9 – 10 a.m.

2014 Schedule

Uptown Senior Center, 10:00 - 11:00 a.m.
January 14, April 8, July 8, & October 14
Parnell Park, 10:00 - 11:00 a.m.
March 11, June 10, September 9, & November 4
Whittier Hearing Center will check and clean your hearing aid for FREE. By appointment only.

COMPUTERS AT SENIOR CENTERS

Computers are available for internet use at Parnell Park and at the Uptown Center for internet and Microsoft Office. There are no printing capabilities and all you need is your Library card. Do research, send emails, or simply surf the web!
Note: Computers may not be available during meetings and programs.

AT YOUR SERVICE

Uptown Senior Center
1st Wednesday, 11 a.m.
Sponsored by Senator Calderon's office, this is your opportunity to have a representative assist you with any STATE SERVICE issues such as:

- DMV
- Medi-Cal
- Worker's Comp
- Cal Fresh/D.P.S.S.

LIONS SIGHT & HEARING FOUNDATION

The Foundation's mission is to improve the lives and hearing of those in the community who lack income and/or sufficient insurance to cover costs of critically needed hearing aids or eye surgery. Ask the Uptown Senior Center for more information.

Clubs & Committees

SENIOR CLUBS

For more information on these clubs, please call the contacts below.

Whittier Bridge Club

@ Uptown Center
Mondays 12:30 – 4 p.m.
Bridge
Contact: Lillian Albrecht
(562) 691-5035

Parnell Park Club

Thursdays 9:30 a.m.- 2 p.m.
Meeting and BINGO
2nd Saturday 10 a.m. - 3 p.m.
Social
Contact: Richard Cody through Parnell Park at
(562) 567-9450

Guirado Park Club

Tuesdays 10 a.m. - 2 p.m.
Gatherings, Games (Bingo), Socials, Potlucks
Contact: Terry Marion
(562) 789-4167

Palm Park Club

2nd Saturday 9:30 a.m. - 1:30 p.m.
NOW ACCEPTING NEW MEMBERS.
Social Gatherings and Great Trip Opportunities
Contact: Lydia Juarez
(323) 728-3881

St. Mary's Silver Tops Club

@ Whittier Community Center
Non-denominational—everyone welcome!
Fridays 10 a.m. - 1 p.m.
Gatherings, Games, Socials and Dime BINGO
Contact: Rosemarie Wald
(562) 698-2453

Senior Advisory Committee

The Senior Advisory Committee meets the 2nd Wednesday of each month at 1:30 p.m. at the Uptown Senior Center.

The public is welcome to attend the Senior Advisory Committee meeting to make comments and suggestions. The objective of the Advisory Committee is to advise staff on the operation of the Senior Center. Committee members are elected into office by the general senior membership.

Upcoming Meeting Dates:
December 11, January 8

Whittier Accessibility Committee

The seven-member committee is an advisory body under the Social Services Commission which studies access issues such as sidewalks, transportation, facilities, etc., and recommends access improvements to assist those with disabilities in the community. Meetings are held quarterly on the 4th Tuesday of January, April, July and October from 1 - 2 p.m. at the Uptown Senior Center. Public comments are welcomed at the beginning of each meeting.

Upcoming Meeting Date:
January 28

Book Club

Meets at the Uptown Senior Center on the 4th Tuesday of each month from 10 to 11:30 a.m. Unless otherwise noted. Meet new friends and discuss great literature!

Upcoming Meeting Dates:
December 16, January 28, February 25

UPTOWN WALKERS' SCHEDULE

Walk to local sites or use public transportation. Meet at times and locations listed below. All dates are **Tuesday** unless otherwise noted.

December 3 Downtown L.A. Xmas Decorations
Green Line 9:10 a.m.

December 10 The Grove and Farmers Market
Green Line 9:10 a.m.

December 17 Xmas lunch for Walkers ONLY
Uptown Senior Center 9:10 a.m.
Please bring an appetizer or dessert and a white elephant gift for a gift exchange.

Uptown Senior Center walkers will reconvene after the holidays in January. Look for the schedule in the next edition of *Senior Moments*.

Over the Hills
Hiking Group

Our hiking group will resume in January.
We will revisit the Arroyo Pescadero Trail on **Wednesday, January 15**. Hikers are encouraged to walk the trails on their own with a friend or in a group. For info on the trails call the Puente Hills Habitat Preservation Authority at (562) 945-9003 or visit www.habitatauthority.org to print a map. Keep hiking!

FAVORITE FLICKS

Enjoy a matinee with great movies on the big screen TV. All showings are at 1 p.m. Please view at your own discretion. Full movie synopses are available.

Parnell Park Wednesdays and Thursdays

December 4, 5	Parkland (PG-13)
December 11, 12	The Wolverine (PG-13)
December 18, 19	The Lone Ranger (PG-13)

Uptown Center Thursdays and Fridays

December 5, 6	Pacific Rim (PG-13)
December 12, 13	The Lone Ranger (PG-13)
December 19, 20	The Wolverine (PG-13)

Bob Henderson	Mayor
Cathy Warner	Mayor Pro Tem
Fernando Dutra	Council Member
Joe Vinatieri	Council Member
Owen Newcomer	Council Member

Jeffrey W. Collier, City Manager
Nancy Mendez, Assistant City Manager

Fran Shields, Director of Parks, Recreation and Community Services

Martin Browne, Community Services Manager
Greg Alaniz, Community Services Manager

Uptown Senior Center	(562) 567-9470
Monday - Friday	8 a.m. - 5 p.m.
Sunday	12 noon - 4 p.m.
Ruri Pierre	Supervisor
Amanda Shanks	Coordinator

Parnell Park Community & Senior Center	(562) 567-9450
Monday - Friday	8 a.m. - 5 p.m.
Saturday	8 a.m. - 12 noon
Alberto del Real	Sr. Recreation Specialist

Other Important Numbers

Community Center	(562) 567-9430
Transit Division	(562) 567-9480
Dial-A-Ride Reservations	(562) 698-3013
County Dial-A-Ride	(800) 439-0439
City Hall	(562) 567-9999
Palm Park	(562) 908-3666

Uptown Senior Center
13225 Walnut Street
Whittier 90602

Parnell Park Center
15390 Lambert Road
Whittier 90604