



City of Whittier

SENIOR MOMENTS

SENIOR CENTER CELEBRATES

April 2014

Disponible Traductor

This April the Uptown Senior Center will be celebrating its 30th Anniversary. Please join in the celebration on **Thursday, April 24, at 9:00 a.m.** There will be displays to take you back! Enjoy light refreshments, music, dancing, raffle prizes, and much more!

This is one celebration that you do not want to miss! Mark your calendars!



SPRING REGISTRATION

Visit our website www.WhittierRec.com

CASINO ROYALE

Join us on **Monday, May 12, 5-9 p.m.**, for an evening of fun and games at our Casino Night. Participants will enjoy an evening of music, light refreshments, fun, and casino games. There is even an opportunity to win

some wonderful raffle prizes. The more games you play and win, the better your chances are at walking away with a wonderful raffle prize of your choice.

Register for this event, Space is limited. The cost is \$8 for members

and \$11 for non-members. #34818. Deadline to register is Thursday, May 1st, Sign-up today!



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Trips

TRIP REMINDERS

Tuesday, April 1 - Natural History Museum

M Parnell Park: 8:20 a.m.

M Transit Depot: 8:40 a.m.

Returns at 4 p.m. Enjoy the morning exploring artifacts over 4.5 billion years old. Followed by lunch on your own at many dining options provided at the West Side Pavilion.

Friday, April 11 - Palm Springs Follies

E Transit Depot: 8 a.m.

E Parnell Park: 8:20 a.m.

Returns at 7 p.m. The Fabulous Palm Springs Follies - a world-famous, Broadway-caliber celebration of the music, dance, and comedy of Mid-Century America with a cast old enough to have lived it! Don't miss out on your last chance to experience the most fun you can have in Palm Springs! Lunch on your own in surrounding restaurants.



UPCOMING TRIPS

Tuesday, May 13 - Bowers Museum

M Transit Depot: 8:40 a.m. Parnell Park: 9 a.m.
M Returns at 4 p.m. Begin your trip with a docent guided tour of the "Soulful Creatures Exhibit", followed by further personal exploration of the museum. Then back on the bus for many dining options at Westfield Main Place Mall.

Cost: \$25 Members: \$22 Online# 34669

Wednesday, May 28 - Cabrillo Marine Aquarium

A Parnell Park: 9 a.m. Transit Depot: 9:20 a.m.
A Returns at 5 p.m. Engage in education, recreation and research to promote knowledge, appreciation and conservation of the marine life of Southern California. Spend the afternoon at the aquarium, on the beach, and dinner at the many restaurants located in Down Town San Pedro.

Cost: \$18 Members: \$15 Online# 34670



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.

COMMUNITY RESOURCE CENTER

"A Center that provides multiple levels of comprehensive, integrated and accessible services supporting youth, seniors and families...:"

Information and Referral, After-School Homework Assistance Program, Computer Lab, CalFresh Program, Medi-Cal Outreach Program, Healthy Families, Healthcare Clinic, Transitional Resource Center for Emancipated Foster Youth, Helpline Youth Counseling, Inc., English as a Second Language (ESL), Home Energy Assistance Program (HEAP) and much more!

10750 Laurel Avenue
Whittier, CA 90605
(562) 946-2425

Monday-Thursday, 8:00 a.m. to 8:00 p.m.
Friday, 8:00 a.m. to 5:00 p.m.

TRANSIT DEPOT HAS MOVED

ALL services offered by the Depot on Greenleaf Avenue are now available at the Senior Center at 13225 Walnut Street, Whittier, CA 90602.

AVAILABLE FOR YOUR NEXT EVENT

The Uptown Whittier Senior Center is available for rental to host your next event! Rates start as low as \$101 per hour. For further information, or to book your next event. Please call the Uptown Senior Center at (562) 567-9470.

LUNCH RESERVATION PROCEDURE

To participate in the SASSFA Nutrition Program at the Uptown Center, please note the following procedures:

1. Participants need to submit a completed intake form to the Nutrition Coordinator at the Uptown Senior Center. Intake forms are available at the Senior Center front desk.
2. Call the day before you plan to have lunch to make a reservation.
3. Sign in daily 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.



The Nutrition Coordinator can be reached at (562) 567-9439 between 9:00am - 1:00pm., Mon.-Fri.

There is a suggested donation of \$2.75 for seniors 60 years and older.

HELPFUL HINTS

Arthritis affects over 5.3 million California adults! Regular, moderate, physical activity for people with arthritis is safe, improves function, and reduces pain. Arthritis commonly co-occurs with diabetes, heart disease, high blood pressure, high cholesterol, and obesity.

Do not let lack of time, competing responsibilities, lack of motivation, and/or difficulty finding an enjoyable activity stop you from becoming active and reducing the affects of arthritis.

GET MOVING!!!

There are a number of classes offered at the Senior Center to help you!

Uptown Senior Center

BINGO

Wednesday, April 2 at 1 p.m.

Spend the afternoon with CareMore! Come join and play with chances to win some awesome prizes.

HAIRCUTS

Monday, April 7, 9 a.m.-12 noon

CareMore will once again sponsor FREE haircuts. Please make your reservation today! Space is limited.

AARP DRIVER SAFETY



Monday & Wednesday

April 7 & 9, 12:30-4:30 p.m.

Sponsored by the American Association of Retired Persons (AARP) and the City of Whittier. A two-day driver education class for adults 50+. Attendees have been known to receive a discount for participating in this course.

AARP Members \$15 Non-AARP Members \$20

TURNING 65

Tuesday, April 8 at 11 a.m.

A representative from Humana will be available to answer questions you may have regarding Medicare.

SPRING EASTER CRAFT



Thursday, April 17 at 1 p.m.

Join us for an afternoon of fun, laughs, and crafts as we make mini Easter baskets Only \$3. #34819 You must register by Monday, April 14.

WHERE DID I LEAVE MY KEYS?

Tuesday, April 15 at 10 a.m.

Do you find yourself forgetting things more often? Please join Pacific Clinics as we discuss normal memory loss and provide tips on how to keep your mind healthy.

EASTER BUNNY VISIT

Thursday, April 17 at 10:00 a.m.

LONGTERM CARE & RETIREMENT PLANNING

Friday, April 18 at 12noon

A representative from New York Life will be providing information regarding important pre-planning.

HEALTHY LIVING WITH DIABETES

Monday, April 21 at 5:30 p.m.

Applecare will be providing information about living with diabetes through an informative presentation.

STAY WHERE YOU WANT TO STAY

Tuesday, April 29 at 9:30 a.m.

Join Right at Home to explore the alternative ways to spend your golden years.

DINNER & A MOVIE

Monday, April 28 at 4 p.m.

You are invited to join us for delicious baked fried chicken and potato salad meal with lemonade and dessert provided by Emeritus at Whittier. Only \$6 Online #34637

"August: Osage County (R) 130min.

The dark, hilarious and deeply touching story of the strong-willed women of the Weston Family, whose lives have diverged until a family crisis brings them back to the Midwest house in which they grew up, and to the dysfunctional woman who raised them.

BIRTHDAY CELEBRATION

Friday, April 25 at 10:30 a.m.

Join us as we celebrate all of the April Birthday Babies with cake and conversation! Cake sponsored by CareMore.



MONDAY MOVIES

The Joan Crawford Collection

April 7 The Women

April 14 Humoresque

April 21 Possessed

April 28 The Damned Don't Cry!

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

Parnell Park Happenings

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

WELLNESS & NUTRITION

TBD

Provided by FMNS and Cassens Associates. This presentation will cover general senior nutrition. Please call to sign up to attend the lecture.

SPRING EASTER CRAFT

Tuesday, April 8 at 10:00 a.m.
Sponsored by A-1 Homecare, join us as we make a FREE Easter craft. Call Parnell Park to reserve a seat, space is limited.



HAIRCUTS

Tuesday, April 15 at 11:30 a.m.
Sponsored by Caremore. Come into get your FREE hair cut at Parnell Park. Please make your appointment today. Space is limited.



DIGITAL TUTORIAL

Tuesday, April 29 from 9:00 - 10:00 a.m.
Learn the basics of using your cell phone or digital camera. Call to reserve a seat, seating is limited.

WHERE DID I LEAVE MY KEYS?

Monday, April 21 at 10 a.m.
Do you find yourself forgetting things more often? Please join Pacific Clinics as we discuss normal memory loss and provide tips on how to keep your mind healthy.

BIRTHDAY CELEBRATION

Friday, April 25 at 12:30 p.m.
Join us as we celebrate all of the April Birthday Babies. We will enjoy cake, decaf coffee, and lemonade. Please call to reserve a seat. Cake sponsored by Emeritus of Chateau Whittier.



Café Parnell

Wednesday, April 9

Breakfast served at 9:30 a.m.

Only \$3*

Pancakes & sausage
with potatoes & fresh fruit

Co-sponsored by
Emeritus of Casa Whittier &
Emeritus at Whittier

*Tickets must be purchased by the Friday
before the breakfast.

Online# 34617

Don't miss a chance to take a picture with the
Easter Bunny at 9 a.m. before breakfast!

DINNER & A MOVIE

Tuesday, April 29 at 4:00 p.m.

Come join us for only \$6. Online #34640

You are invited to join us for delicious baked fried chicken and potato salad meal with lemonade and dessert provided by Emeritus at Whittier. Please register by Wednesday, March 19.

"Philomena" (PG-13) 98 Min. Philomena Lee, an Irish-woman in her 70s, became pregnant as a teenager in 1952. Her family abandoned her out and sent her to a convent, where she was regarded as "a fallen woman." Three years later, and was forced to sign a document promising "never to seek to know" what happened to her son. Years later while living in England, through a lucky set of circumstances she happens to meet Martin Sixsmith, who realizes that she has a remarkable story. He arranges for the two of them to visit the United States to find out what happened to Anthony.

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.



BEREVEMENT & BEYOND

Uptown Senior Center

Call (562) 567-9470 for more information

Grief is a natural response to loss.

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.

A MATTER OF BALANCE

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels of seniors. PIH Health offers this program at Parnell Park (562) 567-9450 and the Uptown Whittier Senior Center (562) 567-9470.

RELATIVES CARING FOR CHILDREN

KINSHIP SUPPORT GROUP

Uptown Senior Center

4th Wednesday, 10:00 a.m. - 1:00 p.m.

Offers peer counseling and support to the many relatives raising their relatives' children. Service provided by (DCSF) Department of Children and Family Services.

HEARING-AID CHECK



Uptown Senior Center

10:00 - 11:00 a.m.

April 8, July 8, & October 14

Parnell Park

10:00 - 11:00 a.m.

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). 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 Senate District 30'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.

CAREGIVER SUPPORT GROUP

Uptown Senior Center

2nd Tuesday, 11 a.m. - 12 p.m.

Sponsored by SASSFA. It is recognized that being responsible for the elderly or minor children can be stressful. SASSFA provides: Care Management, Information and Referral, Support Groups, Training, & Respite Services.

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.
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.
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.
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:
April 9, May 14, June 11

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:
April 22, July 22, October 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:
April 22, May 27, June 24

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.

- April 1** **April Fool**
(Uptown Center at 10:00 a.m.)
- April 8** **Fullerton Museum - \$3 admission**
Beach/La Habra Blvd. at 9:10 a.m.)
- April 15** **Folk Art Museum - \$5 admission**
(Green Line at 9:10 a.m.)
- April 22** **Local Walk**
(Uptown Center at 10:00 a.m.)
- April 29** **Marina Del Ray**
(Green Line at 9:10 a.m.)



The Parnell Hikers will meet again in May. Look for information regarding this wonderful experience in future editions of Senior Moments.

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

- April 2,3 12 Years a Slave (R)
- April 9, 10 American Hustle (R)
- April 16, 17 The Hobbit:
The Desolation of Smaug (PG-13)
- April 23, 24 Grudge Match (PG-13)
- April 30 Middleton (R)

Uptown Center Thursdays and Fridays

- April 3, 4 American Hustle (R)
- April 10, 11 12 Years a Slave (R)
- April 17, 18 Grudge Match (PG-13)
- April 24, 25 The Hobbit:
The Desolation of Smaug (PG-13)



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| 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 | |
| Joan Mithers
Community Services Manager | Greg Alaniz
Community Services Manager |

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| 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 |

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| Parnell Park Community & Senior Center | (562) 567-9450 |
| Monday - Friday | 8 a.m. - 5 p.m. |
| Saturday | 8 a.m. - 4 p.m. |
| Erin Hamilton | Coordinator |

Other Important Numbers

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|--------------------------|----------------|
| Community Center | (562) 567-9430 |
| Transit Division | (562) 567-9470 |
| Dial-A-Ride Reservations | (562) 698-3013 |
| County Dial-A-Ride | (800) 439-0439 |
| City Hall | (562) 567-9999 |
| Palm Park | (562) 908-3666 |

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| Uptown Senior Center
13225 Walnut Street
Whittier 90602 | Parnell Park Center
15390 Lambert Road
Whittier 90604 |
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