City of Whittier
SENIOR MOMENTS

May 2014

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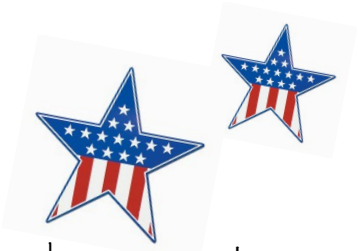
INFORMATION & RESOURCE FAIR

The annual Senior Resource Fair will be held at the Uptown Senior Center, 13225 Walnut Street, from 9 a.m. to 12 noon on Thursday, May 29. Approximately 60 vendors and agencies will participate in the free Fair, and provide information and resources on veterans' assistance, housing, transportation, utility assistance, health care, fitness, nutrition and cooking. Open to the general public as well, family and friends are invited to attend and to obtain information to assist senior relatives and friends.

For more information on the Senior Resource Fair, call the Uptown Senior Center at 562-567-9470 .

FOUNDER'S DAY CELEBRATION

FREE admission, Saturday, May 10, 10:00 a.m. - 1:00 p.m., at Central Park, located on the corner of Bailey Street and Washington Avenue. Come celebrate 127 years since Whittier's founding with demonstrations, entertainment, and more!



MEMORIAL DAY PROGRAM

Please join the Whittier City Council and representatives from the armed forces in remembering our fallen soldiers Monday, May 26, 2014 at 9:00 a.m. in front of the Peace Memorial at Whittier City Hall, 13230 Penn Street.

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Trips

Trip Reminders

Tuesday, May 13 - Bowers Museum
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.

Wednesday, May 28 - Cabrillo Marine Aquarium
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 enjoy dinner at the many restaurants located in Down Town San Pedro.

Upcoming Registration

Registration Dates:

- Wednesday, May 14, 8 a.m. through Thursday, May 15, 8 a.m.—Members ONLY online at www.WhittierRec.com
- Friday, May 16, 8 a.m.—Members ONLY walk-in at Uptown Center and Parnell Park. Spaces will be held for this date.
- Monday, May 19, 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

Tuesday, June 17 - California Science Center
Parnell Park: 10:40 a.m. Transit Depot: 11a.m.
M **Returns at 5 p.m.** Begin your excursion with watching the IMAX Film "Island of Lemurs: Madagascar". Followed by lunch on your own at small dining venues or you may bring your own. Then, immerse yourself in "Pompeii: The Exhibition".
Cost: $30 members $33 non-members Online# 35752

Tuesday, July 1 - Jersey Boys at Segerstrom Center
Uptown Senior Center: 3:45 p.m. Parnell Park:4 p.m.
M **Returns at 12 a.m.** Enjoy musical biography of the Four Seasons-the rise, the tough times and personal clashes, and the ultimate triumph of a group of friends whose music became symbolic of a generation. Enjoy dinner on your own before the show at nearby dining venues.
Cost: $55 members $58 non-members Online# 35753

Tuesday, July 15 - Medieval Times Dinner & Tournament
Uptown Senior Center: 4:45 p.m. Parnell Park: 5 p.m.
E **Returns at 8 p.m.** Witness a rousing live jousting tournament, marvel at awe-inspiring horsemanship and falconry, Medieval Times serves a four-course meal fit for royalty.
Cost: $55 members $58 non-members Online# 35754

Wednesday, July 30 - Laguna Beach
Transit Depot: 9:15 a.m. Parnell Park: 9:30 a.m.
A **Returns at 5 p.m.** Enjoy the gorgeous Southern California beach weather as you explore the many restaurants and shops that make Laguna Beach! Also, take some time to go down to the water and dig your toes in the sand.
Cost: $15 members $18 non-members Online# 35755

Wednesday, August 6 - San Juan Capistrano Mission
Transit Depot: 8:20 a.m. Parnell Park: 8:40 a.m.
M **Returns at 5 p.m.** Begin with an audio self-guided tour of the beautiful San Juan Capistrano Mission. You are welcome to participate in the many offerings on the mission grounds and lunch at surrounding restaurants.
Cost: $20 members $23 non-members Online# 35756

TBA - Hollywood Bowl
Uptown Senior Center ONLY: 4:30 p.m.
More information as it becomes available!

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.

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.

SENIOR CENTER MEMBERSHIP

Membership at the Senior Center and Parnell Park Activity Center is just $3 per year for Seniors 55 and older.
Benefits Include:
-A membership I.D. Card
-Birthday Celebrations
-Discounts for special events, dances, and other programs
-Priority for early on-line and walk-up registration for trips
-Voting privileges for Senior Advisory Committee

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 9:00 a.m. - 1:00 p.m., Mon.-Fri.

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

HELPFUL HINTS

Knee Health

You don't have to be a pro athlete to be among those afflicted with knee injuries. The knee works hard as a hinge and a shock absorber. As we get older, one of the things that happens is that the circular cartilage within the knee, called the meniscus, can tear.
Protect your knees to prevent injuries, while staying active. Some suggestions:

1. Strength train your quadriceps
2. Listen to your body
3. After working out, do some quad stretches
4. Try loer-risk sports like swimming or cycling
5. Consider losing weight—being heavy puts an extra burden on your knees that could lead to arthritis.

Uptown Senior Center

BINGO

Thursday, May 1 at 1 p.m.
Spend the afternoon with CareMore! Come join and play with chances to win some awesome prizes.

WHAT IS ASSISTED LIVING?

Tuesday, May 6 at 10:30 a.m.
Learn what assisted living is and the many benefits it can provide to you. Representatives of Emeritus will be providing information regarding assisted living.

CINCO DE MAYO CELEBRATION

Thursday, May 8 at 10:00 a.m.
Although Cinco de Mayo has passed, we would still like to celebrate with you! Goodies sponsored by Humana.

CASINO ROYALE

Monday, May 12, 5:00 - 9:00 p.m.
Join us for an evening of fun and games! Participants will enjoy an evening of music, light refreshments, fun, and casino games. There is even an opportunity to win some wonderful raffle prizes.
$8.00 for members $11 for non-members.
You do not want to miss out! Register today!

WHERE DID I LEAVE MY KEYS?

Tuesday, May 13 at 10:00 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.

HAIRCUTS

Monday, May 19 beginning at 9:00 a.m.
CareMore will once again sponsor FREE haircuts.
Please make your reservation today!
Space is limited.

DINNER & A MOVIE

Monday, May 19 at 4 p.m.
You are invited to join us for a chile verde meal with lemonade and dessert provided by Emeritus at Whittier. Please register by Wednesday, May 14.
Only $6 Online #34638

"Labor Day" (PG-13) 111 min.
Adele is an emotionally shakey single mom to Henry. As the twosome shop for clothes Henry will wear when he begins seventh grade after the long Labor Day weekend, the boy is accosted by Frank, an escaped convict with a bleeding wound on his stomach. Frank manipulates Adele into letting him hide out at their house, and soon the seemingly scary man shows a strong domestic side and, in just a few days, develops a deep bond with both Adele and Frank.

Note: Dinner & A Movie! Fee Increase
As of July 1, 2014, Dinner & A Movie! fee will be $8.

MEMORIAL DAY CLOSURE

Monday, May 26 the Senior Center and other City facilities will be closed in observance of the memorial day holiday.

BIRTHDAY CELEBRATION

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

PING PONG WITH COLTER

Tuesdays, 1:15 –2:15 p.m.

MONDAY MOVIES

Humphrey Bogart Films

May 5	Casablanca
May 12	Angels with Dirty Faces
May 19	The Petrified Forest

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

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

MOTHERS DAY HAND SPA

Friday, May 9 at 11:30 a.m.
Sponsored by Caremore! Come and get pampered by the Caremore stylists in preparation for Mother's Day.

MEDICARE PRESENTATION

Wednesday, May 14 at 10:00 a.m.
Learn about Medicare and the new changes to Medicare and the many benefits it can provide to you. Representatives of HRBC will be providing information.

DIGITAL TUTORIAL

Tuesday, May 27 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.

MEMORIAL DAY ICE CREAM SOCIAL

Tuesday, May 27 from 12:00 - 1:00 p.m.
Come join the fun as we have an ice cream social to celebrate Memorial Day. Please call to reserve an ice-cream!

MEMORIAL DAY CLOSURE

Monday, May 26 the Parnell Park and other City facilities will be closed in observance of the Memorial Day holiday.

BIRTHDAY CELEBRATION

Friday, May 30 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, May 14
Breakfast served at 9:30 a.m.
Only $3*
Chilaquiles
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# 34618

DINNER & A MOVIE

Tuesday, May 20 at 4:00 p.m.
Come join us for only $6. Online #34641
You are invited to join us for delicious chile verde meal with lemonade and dessert provided by Emeritus at Whittier.
Please register by Wednesday, May 14.

"Secret Life of Walter Mitty" (PG) 125 min.
Walter, a milquetoast proofreader for a magazine publishing firm. Walter is constitutionally incapable of standing up for himself, so he retreats into hos fantasy world, where he is heroic, poised, self-assured and the master of his fate.

Note: Dinner & A Movie! Fee Increase
As of July 1, 2014, Dinner & A Movie! fee will be $8.

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.

BEREAVEMENT & 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 financial stability
- Loss of a cherished dream
- Loss of health
- Death of a pet
- 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 (DCFS) Department of Children and Family Services.

HEARING-AID CHECK

Uptown Senior Center
10:00 - 11:00 a.m.
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:
May 14, June 11, July 9

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:
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:
May 27, June 24, July 22

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.

May 6	**Olvera Street** (Green Line at 9:10 a.m.)
May 13	**Belmont Shore** (Green Line at 9:10 a.m.)
May 20	**Echo Park** (Green Line at 9:10 a.m.)
May 27	**Local Walk** (Uptown Center at 10:00 a.m.)

Over the Hills
Hiking Group

Join us for another adventure at Murphy Ranch Park in Whittier on Monday, May 19. Seating is limited, so please sign up by Wednesday, May 14. Departing from Parnell Park at 8:30 a.m. and returning by 10:30 a.m.

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

May 1	Baggage Claim (PG-13)
May 7, 8	The Best Man Holiday (R)
May 14, 15	August: Osage County (R)
May 21, 22	Philomena (PG-13)
May 28, 29	Hunger Games: Catching Fire (PG-13)

Uptown Center Thursdays and Fridays

May 1, 2	The Best Man Holiday (R)
May 8, 9	Hunger Games: Catching Fire (PG-13)
May 15, 16	Philomena (PG-13)
May 22, 23	Baggage Claim (PG-13)
May 29, 30	August: Osage County (R)

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

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. - 4 p.m.

Other Important Numbers

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

Uptown Senior Center
13225 Walnut Street
Whittier 90602

Parnell Park Center
15390 Lambert Road
Whittier 90604