

JANUARY/FEBRUARY 2017

SENIOR SPOTLIGHT



WINTER IN CALIFORNIA



Mayor & City Council

Tri Ta
Mayor
(714) 548-3179

Tyler Diep
Mayor Pro Tem
(714) 548-3183

Sergio Contreras
Council Member
(714) 548-3181

Kimberly Ho
Council Member
(714) 548-3182

Margie L. Rice
Council Member
(714) 548-3180
For appointments call
(714)548-3172

City Manager

Eddie Manfro
(714) 548-3172

Community Services

Director

Diana Dobbert
(714) 895-2860

**Westminster Senior
Center Foundation**

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR	Claire Amyx
RECREATIONAL COORDIANTOR	Shaun Miller Nick Wiener
NUTRITIONIST	Maribel Avilez
VAN DRIVERS	John Conrekas Bertha Lara
HEALTH CARE NURSES (Diabetes Support Group)	Jane Herin
PROJECT S.H.U.E. DIRECTOR	Blanca Luna

President	Owen Eames	(714) 894-3129
Vice President	Bernie Alegre	(714) 928-5083
Secretary	Teresa Veldof	(714) 878-2914
Member	Theresa Gremling	(714) 897-7459
Member	Joanne Vogelsang	(714) 897-0772
Member	Joy Williams	(714) 969-8861

The Westminster Senior Center Foundation is a nonprofit Public Benefit Corporation. Its mission is to maximize the quality of life among the senior citizen population of the City of Westminster through the support of the Westminster Senior Center and its Programs.

SEE US AT:

www.westminster-ca.gov

FROM THE SENIOR CENTER SUPERVISOR

Welcome 2017

2016 was an exciting year. I hope everyone enjoyed the holiday with family and friends.

Thanks to all who donated items for our Holiday Boutique, it was very successful along with our See's Candies sales. The funds will benefit our senior activities.

We would like to thank Humana Healthcare for donating our quarterly birthday cakes for 2016. Thank you to Lori and Tom from Uncle Pete's Café for donating gift cards for our Thanksgiving Day and Holiday Parties.

Our New Year's Resolution is to continue providing the finest activities and services to all our seniors. During this time of the year, I wish to express my gratitude to the staff and volunteers that make these services possible. As we enter 2017, we hope you stay socially active and reach out to your neighbors, friends and family members. Be sure and browse through our newsletter to catch up on our upcoming activities and events for the year.

Claire Amyx
Senior Center Supervisor

Emergency Business & Telephone Numbers

Westminster Police Emergency	911
Police-non-emergency	(714)898-3315
Westminster City Hall	(714)898-3311
Orange County Fire Authority	(714)573-6000
Adult Protective Services	(800)451-5155
Westminster Chamber of Commerce	(714)898-9648
Westminster Library	(714)893-5057
HICAP Orange County	(714)560-0424
Social Security	(800)772-1213
Council on Aging	(714)479-0107
Office on Aging	(800)510-2020
Information Help Line	211
Traffic Information	511

NON-EMERGENCY TRANSPORTATION

OCTA (Access van)
(714) 560-5888

ABRAZAR
(non-emergency medical only)

(714)891-9500

SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m.

Cost:

The suggested donation is just \$3.00 for seniors 60 and over. The cost for individuals under 60 is \$5.00.

COMMODITIES



Commodities Program is held on the 2nd Wednesday of each month.

January 11th
February 8th

Hours:

9:00 a.m.-11:30 a.m.
(or until food runs out)

Requirements:

You must live in Westminster and qualify as low income
Bring proper Identification & paper bags



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 60 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the lunch program.

SCHEDULE

Monday through Friday
Morning Pick-Ups:
8:00 a.m. to 9:00 a.m.
from your home to the Senior Center.

Afternoon Returns:
12:30 p.m. & 2:30 p.m.
from the Senior Center to your home.



SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from 9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Wal-Mart, Westminster Mall, 99¢ Store, Trader Joe's and other various locations



NOTE:
NO SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.

WOW Questions?
Call Bertha or John
at
(714) 895-2878
ext. 3675

Clubs & Groups

BRIDGE GROUP

Intermediate and advanced players

If you would like to join us we meet on Mondays and Thursdays at 12:15 p.m. in Room 10

CHESS CLUB

Check Mate! If you enjoy a challenging game of chess just show up to play on Tuesdays & Thursday at 12:30 p.m.

BUNCO

If you enjoy playing Bunco join us on the 2nd and 4th Wednesdays of every month at 12:30 p.m. in Room 10

MEXICAN TRAIN DOMINOS

Meets the 1st and 3rd Wednesday of the month at 12:30 p.m. in Room 10

SUDOKU

Meets Friday at 9:30 a.m.
A challenging puzzle number game

POOL ROOM

Open 5 days a week. All players are welcome!

BINGO

Monday & Wednesday

12:45 p.m.-2:30 p.m. —Dining Room

Friday 9:30 a.m. - 11:15 a.m.-Dining Room

Bingo cards are 50¢ or 3 for a \$1.00 ☐

Winners receive a Bingo Buck a game

For every 10 bingo bucks you earn a \$10.00 Stater Bros Gift Card

YARN SPINNERS

Crochet and Knit

Monday, Thursday & Friday

8:00 a.m.-11:30 a.m.

Tuesday 1:00 p.m. —3:00 p.m.

Wednesday 8:00 a.m.—4:00 p.m.

RED HAT SOCIETY (“The Royal Belles”)

Group of Women who wear purple with red hats. Their main purpose is to have fun. They go on trips, dinners, plays, etc.

If you are interested in joining contact:

Georgianna (714) 897-1799

MOVIES



JANUARY

FRIDAYS 9:15 a.m.

FEBRUARY



January 6th:

“Woman In Gold”

Runtime: 1 hour, 49 min.

Rated: PG-13

(2015); Drama

January 20th:

“The Longest Ride”

Runtime: 2 Hour, 48min.

Rated: PG-13

(2015); Romance

February 3rd:

“Persecuted”

Runtime: 1 hour, 31 min.

Rated: PG-13

(2014); Action

February 17th:

“Brooklyn”

Runtime : 1 hour, 51 min.

Rated PG-13

(2015); Romance

January 13th:

“The 33”

Runtime: 2 hour, 7 min.

Rated: PG-13

(2015);Drama

January 27th:

“McFarland USA”

Runtime: 2 Hour, 9min.

Rated: PG

(2015): Drama

February 10th:

“I’ll See You In My Dreams”

Runtime: 1 hour, 32 min.

Rated: PG-13

(2015); Romance

February 24th :

“Home”

Runtime: 1 hour, 34 min.

Rated: PG

(2015); Animation

SENIOR CENTER ACTIVITIES EVENTS

**We will be celebrating
January, February,
March
Birthday's
Thursday,
February 23rd,
11 a.m.
In the
Dining Room**

**Happy
Birthday**



COME DANCE

**JOIN US FROM 12 NOON-2:00 P.M.
ON FRIDAY AFTERNOONS**



*January 6th and 20th,
February 3rd and 17th*

There is a \$2.00 entry fee and
Refreshments are available for sale.

We will celebrate



Lunar New Year

January 26th
11:30 a.m.

In the Dining Room

*VALENTINE'S DAY
PARTY*



Tuesday, February 14th

11:00 a.m.

E/W Room

\$5.00

SENIOR CENTER SERVICES

ATTORNEY

Elder Law attorney *Dennis Jensen* specializes in wills, trusts, estate planning and probate.

When:

3rd Tuesday of every month

Time:

10:00 a.m. - 12:00 noon
(by appointment only)

BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

When:

Every Thursday

Time:

9:00 a.m. - 11:00 a.m.

HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage?

A HICAP counselor available for Medicare/ Med-Cal counseling and information.

When:

3rd Monday of every month

Time:

10:00 a.m. 12:00 noon
(By appointment only)

LEGAL AID

Paralegal *Laura Luu* provides legal advice and referrals.

When:

2nd Tuesday of every month.

Time:

9:00 a.m. - 11:40 a.m.
(by appointment only)

PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:

1st Friday of every other month.

Appointments begin at 11:45 a.m.

(by appointment only)

INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services
For further information on any of the listed services contact us at:

(714) 895-2878

Free Manicures and Haircuts



10:30 a.m.-12:00 Noon
February 7, 2017

Provided by: Asian American Beauty College

AARP SMART DRIVER COURSE

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period.

The fee is \$15 per person for AARP members
\$20 per person for non-members.

Wednesday, January 18- Thursday, January 19, 2017
Wednesday, April 26- Thursday, April 27, 2017

Classes will be held from 9:00 a.m.-1:00 p.m.

***Pre-register at Front Desk**

AARP
Driver Safety Class

HEALTH AND WELLNESS

**DIABETES SUPPORT
GROUP**

**WEDNESDAY
10:00A.M.TO 11:30 A.M.**

**January 18, 2017
“Jane’s Vacation”**

**February 15, 2017
“Diabetes and Dementia”**

We need your help

Can you spare a few hours each week and volunteer to deliver meals to our homebound Seniors

All our “MEALS ON WHEELS” volunteers are wonderful people who take time out of of their busy lives to help others in their community.

If you can help, please call Maribel Avilez at The Westminster Senior center
(714)895-2878 Ext: 3678



How our City got its name

The City of Westminster is celebrating its **60th anniversary 1957 to 2017**. In 1957 a proposal to combine three communities into one: Westminster, Barber City and Midway City. Midway City withdrew from the proposal and the citizens voted to incorporate as the City of Tri City. Several months later an election was held and the official date of the City’s name change to Westminster was September 4, 1957.

EVENTS

INCOMETAXES FOR THE YEAR 2016

Come and have your income taxes forms filled out FREE of charge from our experienced and knowledgeable volunteers.

This service will be available every
Wednesday from 8:30 a.m. to 11:30 a.m.

February 1st to April 12th

Appointments may be made as of January 4th.

Sign in at the front desk or call (714)895-2878 to make an appointment.

Remember to bring in the following:

- ◆ Copies of last years' tax returns, Federal and State
- ◆ IRS and State Booklets
- ◆ Wages and other income received
- ◆ Records of interest-1099 INT Forms
- ◆ Records of dividends-1099 DIV Forms
- ◆ Pensions, IRA, Annuities, Social Security


Coastline Community College


Adapted Fitness		
A mildly aerobic chair/standing exercise.		
Day	Time	Instructor
Mon/Wed	9:30a.m. - 10:30 a.m.	N. Jaeger
Adapted Fitness		
Day	Time	Instructor
Mon/Wed	10:30 a.m. - 12:30	L. White

Balance & Mobility		
A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.		
Day	Time	Instructor
Mon/Wed	12:30 p.m. - 1:30 p.m.	L. White

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6214. Winter Session for these classes begins January 30, 2017 to May 26, 2017

City of Westminster Recreation Department

		
Dance Aerobics 2		
Day	Time	Instructor
Thursday	9:00 a.m. - 10:30 a.m.	J. Camarena
Dance Aerobics 3		
Day	Time	Instructor
Thursday	10:30 a.m. - 12:00 noon	J. Camarena
Dance Aerobics 4		
Day	Time	Instructor
Tues/Thur	12:45 p.m. - 2:30 p.m. <i>(waitlist only)</i>	J. Camarena

		
Stretch & Flex		
Day	Time	Instructor
Tuesday	9:30 a.m. - 10:30 a.m.	J. Camarena

All City of Westminster classes are Fee-Based. For information, please call (714) 895-2860. Winter Registration begins Monday December 5, 2016 -Be sure and check the starting date of the class

SENIOR CENTER

<p>Beginning and Intermediate Computer Classes</p> <p>Dates and times will be announced when available</p>
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Longevity Stick		
A Vietnamese form of exercise involving slow movement and stretching.		
Day	Time	Instructor
Monday	9:00 a.m. - 10:00 a.m.	H. Uyehara
Thursday	9:00 a.m. - 10:00 a.m.	B. Kiehl
Tai Chi		
Day	Time	Instructor
Friday	8:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE CITY OF WESTMINSTER *

SENIOR CENTER TRIPS

DAY TRIPS

PALA INDIAN CASINO

TUESDAY, JANUARY 17, 2017
COST: \$25.00
DEPARTS; 8:30 A.M. RETURNS; 5:30 P.M.
INCLUDES \$5 IN SLOT PLAY, LAS VEGAS STYLE CASINO

THE ALLEY CATS

THURSDAY, FEBRUARY 16, 2017
COST: \$92.00
DEPARTS; 10:30 A.M.— RETURNS; AT 5:00 P.M.
INCLUDES LUNCH WITH WINE
AMERICA'S PREMIER DOO WOP GROUP
THE COLORFUL SONGS OF BROADWAY

HARRAH'S CASINO

WEDNESDAY, FEBRUARY 22, 2017
COST: \$16.00
DEPARTS; 8:30 A.M. RETURNS; 5:00 P.M.
INCLUDES \$5 IN SLOT PLAY

VIEJAS INDIAN CASINO

THURSDAY, MARCH 23, 2017
COST: \$16.00
DEPARTS: 8:00 A.M.— RETURNS: 5:00 P.M.
INCLUDES 1/2 OFF LUNCH AND SHOPPING

PECHANGA INDIAN CASINO

TUESDAY, APRIL 25, 2017
COST: \$35.00
DEPARTS: 8:30 A.M.— RETURNS: 5:00 P.M.
INCLUDES \$20 BACK IN SLOT PLAY





Senior Lunch Menu – January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><i>Closed for the Holiday</i></p> 	<p>*Welcome 2017* Stuffed Cabbage Roll Mashed Potatoes 3 Way Salad with Dressing Parker House Roll Peach & Pear Fruit Mix Combo</p>	<p>Swedish Meatballs w/Egg Noodles Seasoned Broccoli Florets Whole Grain Bread Orange Juice Sugar Free Cookie</p>	<p>Egg Drop Soup w/Salt Free Crackers Stir Fry Pork w/Vegetables Quinoa Pilaf Orange-Pineapple Juice Sugar Free Pudding</p>	<p>Vegetarian Day Entrée Salad Mixed Vegetables w/Diced Beets, Cucumbers, Feta Cheese, Corn and Black Beans Whole Wheat Dinner Roll Melon</p>
9	10	11	12	13
<p>Holly Farm Chicken Coleslaw Carrot & Raisin Salad Low Fat Yogurt topped w/Blueberries</p>	<p>Pork Chili Verde Spanish Rice Pinto Beans Whole Wheat Tortilla Fresh Orange</p>	<p>Tomato Plum Soup w/Salt Free Crackers ½ Tuna Salad on Whole Grain Bread Broccoli Salad Sugar Free Butterscotch Pudding</p>	<p>Vegetarian Day Vegetarian Lasagna California Salad Breadsticks Melon</p>	<p>Butternut Squash Soup w/Salt Free Crackers Winter Chicken Salad w/Citrus and Celery Whole Wheat Dinner Roll Fruit Delight</p>
16	17	18	19	20
<p>*MLK Day* Pork McRib Sandwich With BBQ Sauce Coleslaw Boston Baked Beans Whole Wheat Bun Fresh Fruit</p>	<p>Vegetarian Day Cottage Cheese & Fruit on top Fresh Spinach Whole Grain Bread Pineapple Chunks Pear Halves & Orange Slices Assorted Cookie</p>	<p>Minestrone Soup w/Salt Free Crackers Metropolitan Cobb Salad (Chicken, Crumbled Feta Cheese on top Chopped Salad w/Tomatoes, Diced Eggs), Dressing Whole Grain Bread Melon</p>	<p>Brunswick Stew Spinach Salad w/Cranberries & Sliced Almonds w/Dressing Whole Wheat Dinner Roll Cake Diet: Tropical Fruit</p>	<p>Potato Crusted Pollack Bowtie Pasta w/Cherry Tomatoes w/Lemon Dressing Whole Grain Bread Orange Juice Diet: Banana Pudding</p>
23	24	25	26	27
<p>Entrée Salad Chopped Vegetables & Couscous Salad w/Sliced Beef & Dressing Mini Blueberry Muffin Reduced Sugar Apple Crisp</p>	<p>Beef Stroganoff over Egg Noodles Seasoned Baby Carrots Whole Grain Bread Orange Juice Sugar Free Cookie</p>	<p>Turkey Taco Bowl w/Shredded Carrots, Chopped Tomatoes, Light Sour Cream, Red Cabbage, Salsa Whole Wheat Tortilla Chips Cantaloupe</p>	<p>Vegetable Soup w/Salt Free Crackers Stuffed Salmon Boat w/Newburg Sauce Seasoned Brussels Sprouts Fruited Gelatin w/Mandarin Oranges</p>	<p>Cream of Celery Soup w/Salt Free Crackers Grilled Chicken Sandwich w/Lettuce & Tomato Whole Wheat Bun Winter Vegetables Salad Fresh Fruit</p>
30	31	31	31	31
<p>Tortilla Soup w/Tortilla Strips Taco Salad (Ground Beef, Tomatoes, Cheese, Corn, Black Beans, Bell Peppers) Flour Tortilla Sugar Free Custard</p>	<p>Sweet & Sour Chicken Brown Rice Oriental Vegetable Blend Mandarin Oranges</p>		<p>Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00</p>	<p>Sponsored by:</p>  <p>Alignment Healthcare</p>



All Meals comply with the Dietary Guidelines for Americans (DGA) 2015 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. *Indicates sodium content over 1,000 mg.

*indicates a special event or Holiday and the menu **MAY** exceed 1,000 mg. Low Cholesterol, 0% transfat buttery spread served with bread and rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>	<p style="text-align: right;">4</p>	<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p>
<p>8:00 Yarn Spinners-Room1 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo</p> <p style="text-align: right;">9</p>	<p>8:00 Pinochle Play-Room 11 8:30 ESL-Room 5 9:00 Crafters-Room 1 9:00 Legal Aid-by appointment 9:30 Stretch and Flex-A/B Room 11:45 Lunch 12:30 Chess Club- Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X-Box Play-Room 10</p> <p style="text-align: right;">10</p>	<p>8:00 Yarn Spinners-Room 1 9:00 Commodities-Room 5 9:11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo</p> <p style="text-align: right;">11</p>	<p>8:00 Yarn Spinners-Room 1 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">12</p>	<p>8:00 Pinochle Play- Room 5 8:00 Yarn Spinners-Room 1 8:30 Tai Chi-E/W Room 9:15 Movie: "The 33"-Room 10 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to 99¢ Store 11:30 Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Open 8:00 AM-1:00 PM</p> </div> <p style="text-align: right;">13</p>
<p>8:00 Yarn Spinners-Room1 9:00 Longevity Stick 9:00 Hi-Cap- By Appointment 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo</p> <p style="text-align: right;">16</p>	<p>8:00 Pinochle Play-Room 11 8:30 ESL-Room 5 9:00 Crafters-Room 1 9:30 Stretch and Flex-A/B Room 10:00 Attorney-by appointment 10:30 Karaoke-DR 11:45 Lunch 12:30 Chess Club- Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X-Box Play-Room 10 Trip to Pala Casino</p> <p style="text-align: right;">17</p>	<p>8:00 Yarn Spinners-Room 1 9:00 AARP Safety Driver Course-Room 10/11 10:00 Diabetes Support Group-Room 5 11:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:45 Bingo</p> <p style="text-align: right;">18</p>	<p>8:00 Yarn Spinners-Room 1 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 9:00 AARP Safety Driver Course-Room 10/11 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">19</p>	<p>8:00 Yarn Spinners-Room 1 8:00 Pinochle Play- Room 5 8:30 Tai Chi-E/W Room 9:15 Movie: "The Longest Ride"-Room 10 9:30 S.C.A.T. Meeting- Room A/B 9:30 W.O.W. Trip to Costco 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 11:30 Lunch 12:00 Senior Dance- E/W Room</p> <p style="text-align: right;">20</p>
<p>8:00 Yarn Spinners-Room1 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo</p> <p style="text-align: right;">23</p>	<p>8:00 Pinochle Play-Room 11 8:30 ESL- Room 5 9:00 Crafters-Room 1 9:30 Stretch and Flex- A/B Room 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4- E/W Room 1:00 Yarn Spinners-Room 1 2:00 X-Box Play-Room 10</p> <p style="text-align: right;">24</p>	<p>8:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo</p> <p style="text-align: right;">25</p>	<p>8:00 Yarn Spinners-Room 1 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:30 Lunar New Year Lunch-DR 12:15 Bridge-Room 10 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">26</p>	<p>8:00 Yarn Spinners-Room 1 8:00 Pinochle Play- Room 5 8:30 Tai Chi-E/W Room 9:15 Movie: "McFarland USA"-Room 10 9:30 W.O.W. Trip to Walmart Market 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 11:30 Lunch</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Open 8 AM-1:00 PM</p> </div> <p style="text-align: right;">27</p>
<p>8:00 Yarn Spinners-Room1 9:00 Longevity Stick 9:30 Adapted Fitness-A/B Room 10:30 Adapted Fitness-A/B Room- 11:45 Lunch 12:15 Bridge-Room 10 12:30 Balance & Mobility-A/B Room 12:45 Bingo</p> <p style="text-align: right;">30</p>	<p>8:00 Pinochle Play-Room 11 8:30 ESL-Room 5 9:30 Stretch and Flex-A/B Room 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X-Box Play-Room 10</p> <p style="text-align: right;">31</p>	<h1 style="font-size: 48px; margin: 0;">January 2017</h1> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>All dates, times and locations on this calendar are subject to change. Not all activities are listed.</p> </div> 		

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		8:00 Yarn Spinners-Room 1 8:30 Tax Preparation- Room 10/11 1 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Mexican Train Dominos-Lobby 12:30 Balance & Mobility-A/B Room 12:45 Bingo	8:00 Yarn Spinners-Room 1 2 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club- Room 5 12:45 Dance Aerobics 4-E/W Room	8:00 Yarn Spinners-Room 1 3 8:00 Pinochle Play-Room 5 8:30 Tai Chi-E/W Room 9:15 Movie: "Persecuted"-Room 10 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to Grocery Outlet 11:30 Podiatrist-By Appointment 11:30 Lunch 12:00 Senior Dance- E/W Room
8:00 Yarn Spinners-Room 1 6 9:00 Longevity Stick 9:30 Adapted Fitness-A/B Room 10:30 Adapted Fitness-A/B Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Balance & Mobility-A/B Room 12:45 Bingo	8:00 Pinochle Play- Room 11 7 8:30 ESL-Room 5 9:00 Crafters-Room 1 9:30 Stretch and Flex-A/B Room 10:30 Karaoke- DR 10:30 Haircuts and Manicures- West Room 11:45 Lunch 12:30 Chess Club- Room 5 12:45 Dance Aerobics 4-E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	8:00 Yarn Spinners-Room 1 8 8:30 Tax Preparation- Room 10/11 9:00 Commodities-Room 5 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Bunco-Lobby 12:30 Balance & Mobility-A/B Room 12:45 Bingo	8:00 Yarn Spinners-Room 1 9 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 National Bagel Day- DR 9:00 Dance Aerobic 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:45 Lunch 12:15 Bridge-Room 1 12:30 Chess Club- Room 5 12:45 Dance Aerobics 4 E/W Room	8:00 Pinochle Play-Room 5 10 8:00 Yarn Spinners-Room 1 8:30 Tai Chi-E/W Room 9:15 Movie "I'll See You In My Dreams"-Room 10 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to 99¢ Store 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;"> Open 8:00 AM-1:00 PM </div>
8:00 Yarn Spinners-Room 1 13 9:00 Longevity Stick 9:30 Adapted Fitness-Room A/B 10:30 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Balance & Mobility-Room A/B 12:45 Bingo	8:00 Pinochle Play- Room 11 14 8:30 ESL-Room 5 9:00 Crafters-Room 1 9:00 Legal Aid- By Appointment 9:30 Stretch and Flex-A/B Room- Cancelled- 11:00 Valentine's Day Party- E/W Room 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room - Cancelled- 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	8:00 Yarn Spinners- Room 1 15 8:30 Tax Preparation- Room 10/11 9:30 Adapted Fitness-E/W Room 10:00 Diabetes Support Group-Room 5 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Mexican Train Dominos- Lobby 12:30 Balance & Mobility-A/B Room 12:45 Bingo	8:00 Yarn Spinners-Room 1 16 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2- E/W Room 10:30 Dance Aerobics 3- E/W Room 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4 -E/W Room <div style="text-align: center;"> The Alley Cats Trip </div>	8:00 Yarn Spinners-Room 1 17 8:00 Pinochle Play-Room 5 8:30 Tai Chi-E/W Room 9:15 Movie: "Brooklyn"-Room 10 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to Trader Joe's 11:30 Lunch 12:00 Senior Dance- E/W Room
<div style="text-align: center;">  </div> 20	8:00 Pinochle Play- Room 11 21 8:30 ESL- Room 5 9:00 Crafters-Room 1 9:00 Stretch and Flex-A/B Room 10:00 Attorney- By Appointment 10:30 Karaoke- DR 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4- E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	8:00 Yarn Spinners-Room 1 22 8:30 Tax Preparation- Room 10/11 9:30 Adapted Fitness-E/W Room 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Bunco - Lobby 12:30 Balance & Mobility- Room A/B 12:45 Bingo <div style="text-align: center;"> Trip to Harrah's Indian Casino </div>	8:00 Yarn Spinners-Room 1 23 8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Longevity Stick 9:00 Dance Aerobics 2- E/W Room 10:30 Dance Aerobics 3- E/W Room 11:00 Birthday Celebration- DR 11:45 Lunch 12:15 Bridge-Room 10 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4-E/W Room	8:00 Pinochle Play-Room 5 24 8:00 Yarn Spinners-Room 1 8:30 Tai Chi-E/W Room 9:15 Movie: "Home"-Room 10 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 3/4 9:30 W.O.W. Trip to Costco 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;"> Open 8:00 AM-1:00 PM </div>
8:00 Yarn Spinners-Room 1 27 9:00 Longevity Stick 9:30 Adapted Fitness- Room A/B 9:00 Hi-Cap by Appointment 10:30 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Balance & Mobility-Room A/B 12:45 Bingo	8:00 Pinochle Play- Room 11 28 8:30 ESL-Room 5 9:00 Stretch and Flex-A/B Room 11:45 Lunch 12:30 Chess Club-Room 5 12:45 Dance Aerobics 4- E/W Room 1:00 Yarn Spinners-Room 1 2:00 X Box Play-Room 10	<div style="font-size: 2em; color: red; font-family: cursive;"> Happy Valentine's Day </div>		<div style="text-align: center;">  </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <small>Note: All dates, times and locations on this calendar are subject to change. Not all activities may be listed</small> </div>