

SEPTEMBER/OCTOBER 2014

SENIOR SPOTLIGHT



HAPPY
fall

Westminster Senior Services Team

Mayor & City Council

Tri Ta

Mayor

(714) 548-3179

Margie L. Rice

Mayor Pro Tem

(714) 548-3183

Diana Lee Carey

Council Member

(714) 548-3181

Sergio Contreras

Council Member

(714) 548-3180

Andy Quach

Council Member

(714) 548-3182

For appointments call

(714)548-3172

CITY MANAGER & COMMUNITY SERVICES

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 Hutchinson

SENIOR REC LEADERS Shaun Miller
 Nick Wiener

NUTRITIONIST Maribel Avilez

VAN DRIVERS John Conrekas
 Bertha Lara
 John Christenson

HEALTH CARE NURSES Jane Herin
 Sandy Asche
 Marilyn Geller

PROJECT S.H.U.E. DIRECTOR Sara Gonzalez

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 Marie Velardo (714) 337-1382

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

Summer is almost gone. It is time to enjoy the lingering warmer temperatures and sunny skies while we can.

I hope many of you were able to attend the "Concerts in the Park". as well as our "Annual Luau". We hope these events made your summer months enjoyable.

We will be honoring our Volunteers with a Volunteer Appreciation Party on Wednesday, October the 15th. We want to thank our wonderful volunteers for the countless hours they contribute to our Senior Center. Our Volunteers enable us to meet our goals, be successful and accomplish our programs and services on an ongoing basis.

To be eligible for "Senior of the Year" you must have volunteered a minimum of 50 hours in the Senior Center Programs during the year of 2013. All Westminster Senior Center participants, Age 55 and older, are eligible to elect a senior.

I would like to thank the following; Applied General Agency, Inc. for sponsoring the entertainment for our Birthday Celebrations, Humana Health Care for the birthday cakes for July, August and September Birthdays, Sacred Heart Med-Transit for sponsoring the entertainment for the Luau Party, and Lori Pappas from Uncle Pete's Café for gift cards for our 4th of July and Luau parties.

We will begin our annual See's Candies fundraiser in October.

Take care and hope to see you around the Center.

Claire Hutchinson
Senior Center Supervisor

Emergency Business & Telephone Numbers

Emergency	911
Westminster Police	(714) 898-3315
Orange County Fire Authority	(714) 744-0400
Adult Protective Services	(800) 451-5155
Westminster City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5888
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	(714) 567-7500
Information Help Line	211

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 our senior participants 60 and over. The cost for individuals under 60 is \$5.00.

COMMODITIES



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

**September 10th
October 8th**

Hours:

8:30 a.m.-11:00 a.m.
(or until food runs out)

Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bags.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 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 luncheon 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**

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB
meets Mondays and
Thursdays at 12:15 p.m.



CHESS CLUB meets
Tuesdays at 7:30 a.m.



BUNCO meets on 2nd
and 4th Wednesdays at
12:30 p.m.



CRAFT LADIES
meet on Thursdays at
9:00 a.m.



MAH JONGG
players meet on
Mondays from
10:00 a.m.-12:00 noon.



POOL ROOM is open five
days a week and new players are
always welcome.



RED HAT SOCIETY
is a group of women
who dress in purple
and red. This group goes on
trips, dinner, etc. Their
main purpose is to have fun.

YARN SPINNERS
crochet and knit on
Mondays & Fridays
9:00 a.m.- 11:30 a.m.
Wednesdays
9:00 a.m.-4:00 p.m.



SUDOKU
meets every
Friday
9:30 a.m.



NEEDLE WORK
meets Mondays at 9:00 a.m.

**MEXICAN TRAIN
DOMINOS**

meets on the 1st and 3rd
Wednesdays of each
month at 12:30 p.m.



BINGO



GAME TIMES:

**Mondays &
Wednesdays**
12:45 p.m. - 2:30 p.m.
Fridays
9:30 a.m. - 11:15 a.m.

Bingo is hosted in our din-
ing room by volunteer
callers. Bingo cards are 3
for a \$1.00 or 50¢ a piece.



Winners receive
a Bingo Buck a
game. You can

earn a \$10 Stater Bros.
Gift Card for every 10
Bingo Bucks you earn. If
you are interested in
being a Bingo caller,
please contact the front
desk.

MOVIES



SEPTEMBER

FRIDAYS 9:15 a.m.

OCTOBER



September 5th
"Faith Like Potatoes"
Runtime: 1 hour, 51 min.
Rated: PG-13
(2006);Drama

September 19th:
"The Kite Runner"
Runtime: 2 hours, 8 min.
Rated:PG-13
(2007);Adventure

October 1st:
"Philomena"
Runtime : 1 hour, 35 min
Rated: PG (2013); Drama

October 24th:
"Gravity"
Run time: 1 hour, 30 min
Rated: PG 13 (2013); Drama

September 12th:
"Labor Day"
Runtime: 1 hour, 51 min.
Rated: PG-13
(2013);Adventure

September 26th:
"The Book Thief"
Runtime: 2 hour, 11 min.
Rated: PG-13
(2013);Drama

October 10th:
"Unconditional"
Runtime: 1 hour, 32 min
Rated: PG (2012); Drama

October 31st:
"Jack the Giant Slayer"
Runtime: 1 hour, 54 Min.
PG-13 (2013); Sci-Fi

October 17th:
"Saving Mr. Banks"
Runtime: 1 hour, 51 min
Rated: PG (2013) Drama

SENIOR CENTER ACTIVITIES

EVENTS

BIRTHDAY

We Will Be
Celebrating
October
November
December
Birthday's
Thursday
November 13th
11 a.m.
In the
Dining Room
with
Entertainment



Come Dance to The Sounds of the Serenaders!!!

Come join us from 12noon-2pm
On Friday Afternoons



September 5th, 19th
October 3rd, 17th, 31st

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

*YOU ARE CORDIALLY INVITED TO
The Hats & Gloves Tea Party
Friday, September 19, 2014*

2:30 P.M.

DINING ROOM

*(There will be a Fashion Show during the Party)
(If you wish you may reserve and decorate a table)*

Tickets are \$7.00 at the front desk



SENIOR CENTER SERVICES

ONGOING 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



Tuesday, October 14, 2014
10:00 a.m.
West Room

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.

Thursday October 16 & Friday October 17, 2014
Classes held from 9:00 a.m.-1:00 p.m.

***Pre-registration, payment, & AARP card is required at Front Desk before class dates.**

SENIOR CENTER SERVICES

Nurse Sandy Asche and *Nurse Marilyn Geller* are both professionally trained public health nurses that conduct basic health screenings by appointment on scheduled days from 8:00 a.m.-12:00 Noon Sandy lectures on such topics as arthritis, heart disease, and pain management. Marilyn will be doing additional health screenings such as hearing, medication review (brown bag), and blood pressure.

UPCOMING HEALTH TALK



October 6th

“Optimum Activity”

November 3rd

“Aging with Medication”

Health Talks begin at 11:00 a.m. in the Room 10

DIABETES SUPPORT GROUP

WEDNESDAY

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

September 10, 2014

“Meds and Support”

October 15, 2014

“Traveling & Diabetes”

November 19, 2014

“Holiday Meals”

Join us for

FREE HEALTH SEMINARS

By the Fountain Valley Regional Hospital

Wednesdays 10:00 A.M.

September 17th

October 22nd

In the Dining Room

Other health related presentations are also given by: Sandy Asche

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency

Information on Medi-Cal will be discussed.

COMING EVENTS

VOLUNTEER PARTY

Wednesday,
October 15, 2014
2:30 P.M.

In the Dining Room

*VOLUNTEERS MAKE A DIFFERENCE
IN THE LIVES OF OTHERS*

Senior of the Year Elections

Will be held from
September 2, 2014
Thru
September 29, 2014



HALLOWEEN PARTY

Thursday,
October 30, 2014
11:00 a .m.

In the Dining Room.



HICAP MEDICARE

Annual
Clinic
Wednesday,
November 5, 2014
Beginning at 8:30 a.m.

FLU CLINIC

WEDNESDAY,

NOVEMBER 5, 2014

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

Room 3/4



Thanksgiving Day Party

Wednesday,
November 19, 2014
11:00 a.m.

In Dining Room



HOLIDAY PARTY

Thursday,
December 18, 2014
11:00 a.m.

In East/West Room

CLASSES

COASTLINE COMMUNITY COLLEGE

Adapted Fitness

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m. - 1:30 p.m.	M. Masters



Balance & Mobility

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor	Day	Time	Instructor
Monday	10:00 a.m. - 12:00 noon	M. Masters	Mon/Wed	9:00 a.m. - 10:00 a.m.	M. Masters
Wednesday	10:00 a.m. - 12:00 noon	M. Masters			

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6214.

Pre-registration is advised.

Fall Session begins August 25, 2014 to December 14, 2014

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
Thursday	12:45 p.m. - 2:30 p.m. <i>(waitlist only)</i>	J. Camarena

Low Impact Aerobics 2

Day	Time	Instructor
Tuesday	12:45 p.m.	J. Camarena

Stretch & Flex

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

Zumba Gold

Day	Time	Instructor
M/W	10:00 a.m. - 10:45 a.m.	J. Pridomirski-Alvo

Intermediate Line Dancing

Day	Time	Instructor
M	9:30 a.m. - 11:30 a.m.	S. Hazard

All City of Westminster classes are Fee-Based. For information, please call (714) 895-2860. Classes begin Monday September 8, 2014 Registration begins August 18th-Be sure and check the starting date

SENIOR CENTER

Longevity Stick

A Vietnamese form of exercise involving slow movement and stretching.

Beginning and Intermediate Computer Classes, times and dates will be announced at a later date.

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. - 10:30 a.m.	L. Mo

* ALL CLASSES ARE HELD AT THE CITY OF WESTMINSTER *

SENIOR CENTER TRIPS

DAY TRIPS

TOUR OF "LITTLE ITALY"

THURSDAY, SEPTEMBER 11, 2014
COST: \$65.00
DEPARTS: 9:00 A.M.-RETURNS 6:00 P.M.
INCLUDES: DOCENT TOUR OF LITTLE ITALY, LUNCH, AND SHOPPING

SAN MANUEL CASINO

TUESDAY, SEPTEMBER 16, 2014
COST: \$16.00
DEPARTS: 8:30 A.M.-RETURNS 5:00 P.M.
INCLUDES: \$10.00 BACK IN SLOT PLAY

OKTOBERFEST AT HB OLD WORLD

THURSDAY, SEPTEMBER 25, 2014
COST: \$10.00
DEPARTS: 10:30 A.M.-RETURNS 1:30 P.M.
INCLUDES: LUNCH AND ENTERTAINMENT

HUNTINGTON LIBRARY

THURSDAY, OCTOBER 16, 2014
COST: \$79.00
DEPARTS: 10:15 A.M.-RETURNS 5:30 P.M.
INCLUDES: LUNCH AT CLANCY'S

POMPEII TRIP

MONDAY, NOVEMBER 24, 2014
COST: \$79.00
DEPARTS: 8:30 A.M.-RETURNS 3:30 P.M.
INCLUDES: LUNCH AND MOVIE



OVERNIGHT TRIPS

LAS VEGAS at FOUR QUEENS

OCTOBER 12-14, 2014
(Sunday-Tuesday)
Depart: 8:00 a.m.
Return: 6:00 p.m.
Cost: \$119.00 p/p double,
\$153.00 single



LAUGHLIN at THE RIVERSIDE

December 3-December 5, 2014
(Wednesday-Friday)
Package Includes:
Christmas Dinner Party &
2 Free Buffets at Hotel and Laughlin
Funbook!
Depart: 8:00 a.m. December 3
Return: 6:00 p.m. December 5
Cost: \$104.00 p/p double; \$124.00 single

Highlights of NEW MEXICO

OCTOBER 5-14, 2014
10 Days/9 Night
Cost: \$1425.00 p/p double,
\$1895.00 single

Get more information at
Westminster Senior Center



Senior Lunch Menu - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Closed for Labor Day!	*Post Labor Day Celebration! Hotdog on WW Bun Sweet Potato Fries Broccoli Slaw Watermelon	Swedish Meatballs w/Wide Egg Noodles Broccoli & Carrots Tapioca Pudding	Breaded Fish Sandwich Whole Wheat Bun Coleslaw Diced Carrots Fruit Cocktail	Broccoli Soup w/Crackers Green Chile & Spinach Quiche Redskin Potatoes Whole Wheat Roll Melon
8	9	10	11	12
Italian Vegetable Soup w/Crackers Parmesan Chicken Marinara Sauce Whole Wheat Pasta Whole Wheat Roll Pineapple Chunks	Tilapia w/Vera Cruz Sauce Couscous Salad Carrot Coins Dinner Roll w/Margarine Apple Crisp Orange-Pine Juice	Boneless Pork Chops w/Orange Sauce Mashed Potatoes Chuck Wagon Corn Fresh Fruit in Season	Fiesta Soup w/Crackers Beef Taco Salad Taco Meat Lettuce, Cheese Strips Tomato Salsa Dressing Melon	Macaroni & Beef Country Blend Vegetables 4 Way Salad Mix Angel Food Cake w/Cherry Pie Filling/Garnish
15	16	17	18	19
Cheese Enchiladas 4-Way Salad Pinto Beans Melon	Baked Potato Soup w/Crackers Roast Pork w/Marsala Sauce Applesauce on side Garden Salad w/Dress Whole Wheat Roll Fresh Orange	Beef Pot Roast Mashed Potatoes Whole Baby Carrots Fresh Melon	Fish w/Mango Sauce Scalloped Potatoes Mixed Vegetables Fresh Fruit	* Western Day Celebration! Shredded BBQ Pork Sandwich Boston Baked Beans Sweet Corn French Roll Watermelon
22	23	24	25	26
Creamy Tomato Soup w/Crackers Macaroni & Cheese Carrots & Broccoli Whole Grain Bread Margarine Tropical Fruit Mix	Meat Loaf w/Burgundy Sauce Mashed Potatoes Brussels Sprouts Vanilla Pudding	Kung Pao Chicken Seasoned Orzo Oriental Blend Vegetables Fruited Gelatin Orange Juice	Vegetarian Pasta Soup w/Crackers Egg Salad Sandwich on WW Bun Fiesta Tomato Salad Fresh Fruit	Roasted Turkey w/Gravy Mashed Sweet Potatoes Scandinavian Veg. Whole Grain Bread Melon
29	30			Suggested Donation - \$3.00 Meal Cost for Under Age 60 - \$5.00
Chicken Polynesian Seasoned Brown Rice Japanese Blend Vegetables Fortune Cookie & Fresh Fruit	Corn Chowder Soup w/Crackers Tuna Salad Sandwich on WW Bun Coleslaw Ice Cream			

All Meals comply with the Dietary Guidelines for Americans (DGA) 2010 & 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 butterly spread served with bread and rolls. Weekly average lunch meal provides >550 calories

www.SeniorServ.org

Claire Hutchinson
Senior Center Supervisor

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">CLOSED FOR LABOR DAY</p>  	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:30 Karaoke-DR 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room 2:00 X Box Play- Room 10</p> <p style="text-align: center;">SELF IMPROVEMENT MONTH</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 9:00 Golden West College Nurses 10:30 Adapted Fitness- E/W Room 11:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 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 12:45 Dance Aerobics 4-E/W Room</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Faith Like Potatoes" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 - (cancelled) 9:30 W.O.W. Trip to Trader Joe's 11:30 Lunch 11:45 Podiatrist By Appointment 12:00 Senior Dance</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Chronic Illness Support Group-Room 11 9:30 Balance & Mobility-Room A/B 10:00 Mahjongg-Room 5 10:30 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:00 Legal Aid By Appointment 9:30 Stretch and Flex-E/W Room-Last Class 10:45 Dance Aerobics 2-E/W Room-Last Class 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room-Last Class 2:00 X Box Play- Room 10</p> <p style="text-align: center;">GRAND PARENTS WEEK</p>	<p>8:30 Commodities 9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 10:00 Diabetes Support Group-Room 5 10:00 Living Trust & Probate Seminar-DR 10:30 Adapted Fitness E/W Room 11:45 Lunch 12:30 Adapted Fitness-Room A/B 12:30 Bunco-Room 10 12:45 Bingo</p>	<p>8:30 ESL -Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room Last Class 10:30 Dance Aerobics 3-E/W Room Last Class 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room Last Class</p> <p style="text-align: center;">Trip to Little Italy</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Labor Day" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to 99¢ Store 11:30 Lunch</p> <p style="text-align: center;">Open 8:00 AM-1:00 PM</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:30 Balance & Mobility-Room A/B 10:00 Hi-Cap-by appointment 10:00 Mahjongg-Room 5 10:30 Adapted Fitness Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 10:00 Attorney By Appointment 10:30 Karaoke-DR 11:45 Lunch 2:00 X Box Play- Room 10</p> <p style="text-align: center;">Trip to San Manuel Casino</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 10:30 Adapted Fitness- E/W Room 10:00 Fountain Valley Health Talk-DR 11:45 Lunch 12:30 Adapted Fitness-E/W Room 12:30 Mexican Train Dominos-Room 10 12:45 Bingo</p> <p style="text-align: center;">10:00 a.m. Dining Room Free Health Talk By: Fountain Valley Regional Hospital</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 11:45 Lunch 12:15 Bridge-Room 10</p>	<p>8:30 Tai Chi-E/W Room 9:00 SCAT MEETING-Room 3/4 9:00 Yarn Spinners-Room 1 9:15 Movie: "The Kite Runner" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Costco 11:45 Lunch-Western Day 12:00 Senior Dance 2:30 Tea Party Dining Room</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Chronic Illness Support Group-Room 11 9:30 Balance & Mobility-Room A/B 10:00 Mahjongg-Room 5 10:30 Adapted Fitness Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room 2:00 X Box Play- Room 10</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 10:30 Adapted Fitness- E/W Room 10:45 Cell Phone, iPad, Kindle Help-Room 10 11:45 Lunch 12:30 Adapted Fitness-Room A/B 12:30 Bunco-Room 10 12:45 Bingo</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 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 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: center;">"Women's Health and Fitness Day" Trip to Oktoberfest</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "The Book Thief" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Sprouts 11:30 Lunch</p> <p style="text-align: center;">Open 8:00 AM-1:00 PM</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:30 Balance & Mobility-Room A/B 10:00 Mahjongg-Room 5 10:30 Adapted Fitness Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p> <p style="text-align: center;">COFFEE DAY</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room 2:00 X Box Play- Room 10</p>	<p>SEPTEMBER 2014</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>OCTOBER 2014</h1>				
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:30 Balance & Mobility-Room A/B 10:00 Mahjongg-Room 5 10:30 Adapted Fitness-Room A/B 11:00 Health Talk-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adapted fitness-Room A/B 12:45 Bingo</p> <p style="text-align: right;">6</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">7</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 9:30 Cherish Antique Day-DR 10:30 Adapted Fitness-E/W Room 10:30 Collette Presentation on Travel-Room 10 11:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p> <p style="text-align: right;">1</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 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 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">2</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Philomena" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Traders Joe's 11:30 Lunch 11:45 Podiatrist (cancelled) 12:00 Senior Dance</p> <p style="text-align: right;">3</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Chronic Illness Support Group-Room 11 9:30 Balance & Mobility-Room A/B 10:00 Mahjongg-Room 5 10:30 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p> <p style="text-align: right;">13</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:00 Legal Aid- By Appointment 9:30 Stretch and Flex-East Room 10:00 Manicures and Haircuts-West Room 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">14</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Adapted Fitness-Room A/B 12:30 Mexican Train Dominos-Room 10 12:30 Diabetes Support Group-Room 5 12:45 Bingo 2:30 Volunteer Appreciation Party-DR</p> <p style="text-align: right;">15</p>	<p>8:30 ESL-Room 5 9:00-AARP Safety Driver Class-Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 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 12:45 Dance Aerobics 4-E/W Room Trip to Huntington Library</p> <p style="text-align: right;">16</p>	<p>8:30 Tai Chi-E/W Room 9:00 AARP Safety Driver Class-Room 3/4 9:00 Yarn Spinners-Room 1 9:15 Movie: "Saving Mr. Banks" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to 99¢ Store 11:30 Lunch 12:00 Senior Dance</p> <p style="text-align: right;">17</p>
FOOD BANK WEEK				
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Hi-Cap By Appointment 9:30 Balance & Mobility-Room A/B 10:00 Mahjong-Room 5 10:30 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Adapted Fitness-Room A/B 12:45 Bingo</p> <p style="text-align: right;">20</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:00 Attorney- By Appointment 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">21</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 10:00 Fountain Valley Hospital Health Talk-DR 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Adapted Fitness-Room A/B 12:30 Bunco-Room 10 12:45 Bingo</p> <div data-bbox="1302 1467 1734 1578" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>10:00a.m. Dining Room Free Health Talk By: Fountain Valley Regional Hospital</p> </div> <p style="text-align: right;">22</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 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 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">23</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Gravity" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Costco 11:30 Lunch</p> <p style="text-align: right;">24</p>
<p>9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Chronic Illness Support Group-Room 11 9:30 Balance & Mobility-Room A/B 10:00 Mahjong-Room 5 10:30 Adapted Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Life Story Writing-Room 5 12:30 Adapted Fitness-Room A/B</p> <p style="text-align: right;">27</p>	<p>7:30 Chess Club-Room 1 8:30 ESL-Room 5 9:30 Stretch and Flex-E/W Room 10:45 Dance Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: right;">28</p>	<p>9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility-E/W Room 10:30 Adapted Fitness-E/W Room 11:45 Lunch 12:30 Adapted Fitness-Room A/B 12:30 Mexican Train Dominos-Room 10 12:45 Bingo</p> <p style="text-align: right;">29</p>	<p>8:30 ESL-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-E/W Room 10:30 Dance Aerobics 3-E/W Room 11:00 Lunch-Halloween Party w/entertainment 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-E/W Room</p> <p style="text-align: center;">Candy Corn Day</p> <p style="text-align: right;">30</p>	<p>8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Jack the Giant Slayer" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 9:30 W.O.W. Trip to Costco 11:30 Lunch 12:00 Senior Dance</p> <p style="text-align: right;">31</p>