

August 21

National Senior Citizen Day

Attendance: 25

Five vendors came and participated in a free mini resource fair for our seniors in honor of senior citizens day. Participants enjoyed the raffle prizes and crafts.

August 25

Birthday Celebration

Attendance: 6

Brookdale Uptown Whittier brought a very tasty chocolate cake for our August Birthdays. Leslie Belcher e sponsored a craft, which everyone seemed to really enjoy!

August 28

Let's Talk Alzheimer's

Attendance: 4

Alzheimer's.org came to do a presentation on identifying early signs of dementia and Alzheimer's. The presentation was very informative and participants learned a lot.

Date

Favorite Flicks

8/2-3

Beauty and the Beast

8/9-10

Zookeepers Wife

8/16-17

Logan

8/23-24

Lost City of Z

8/30-31

Norman

Tuesday Classics

8/1

Frontier Horizon

8/8

Hell Town

8/15

Hurricane Express

8/22

Shadow of the Eagle

8/29

His Private Security



Uptown Senior Center September Movies

Thursday and Friday @ 1:00 p.m.



Sep. 7-8 Magnificent Seven (PG-13) 2:13 min.

With the town of Rose Creek under the deadly control of industrialist Bartholomew Bogue, the desperate townspeople employ protection from seven outlaws, bounty hunters, gamblers and hired guns .



Sep. 14-15 Gifted (PG-13) 1:41 min.

Frank Adler is a single man raising a child prodigy - his spirited, young niece Mary - in a coastal town in Florida. Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother, Evelyn, whose plans for her granddaughter threaten to separate Frank and Mary.



Sep. 21-22 Ghost in The Shell (PG-13) 1:46 min.

While the mental divisions of those with dissociative identity disorder have long fascinated and eluded science, it is believed that some can also manifest unique physical attributes for each personality, a cognitive and physiological prism within a single being.



Sep. 28-29 King Arthur (PG-13) 2:06 min.

When young Arthur's father is murdered, Vortigern, Arthur's uncle, seizes the crown. Robbed of his birthright and with no idea who he truly is, Arthur comes up the hard way in the back alleys of the city. But once he pulls the sword from the stone, his life is turned upside down and he is forced to acknowledge his true legacy...whether he likes it or not.



Parnell Park September Movies

Wednesday & Thursday @ 1:00p.m.

September 6-7

John Wick 2- Retired super-assassin John Wick's plans to resume a quiet civilian life are cut short when Italian gangster Santino D'Antonio shows up on his doorstep with a gold marker, compelling him to repay past favors.



September 13-14

Gifted- Frank Adler (Chris Evans) is a single man raising a child prodigy - his spirited young niece Mary (Mckenna Grace) - in a coastal town in Florida.



September 20-21

Going in Style- Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty



September 27-28

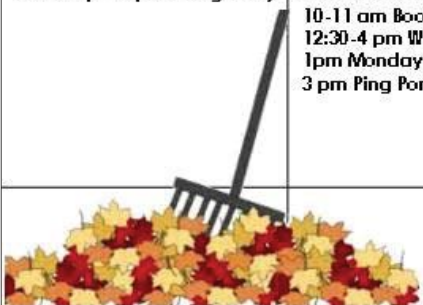
Their Finest- In 1940, a married woman (Gemma Arterton) and a screenwriter (Sam Claflin) develop a growing attraction while working together on a propaganda film about the evac-





Uptown Senior Center September 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Live Music Wednesday & Thursday 9-11:30 am					1 9-9:45 am Chair Fitness 10-11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Ricks	2 9- 12 pm Stained Glass* 10-11am Tai Chi*
3 12:30-3 pm Open Bridge Play	4 CLOSED FOR LABOR DAY	5 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility*	6 9-9:45 am Chair Fitness 9-10 am Hearing 9-11 am Needle Crafters 9-12 pm Quilling* 12:30-3:30 pm Canasta 5:30 pm -Fun w/ Fabric 6:30-7:30pm Zumba Gold*	7 9- 12 pm Quilling* 9- 11:30 am Chess 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	8 9-9:45 am Chair Fitness 10-11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Ricks	9 8:15-9:30 am American War Mothers 9- 12 pm Stained Glass* 10-11am Tai Chi*
10 12:30-3 pm Open Bridge Play	11 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 3 pm Ping Pong	12 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility*	13 9-9:45 am Chair Fitness 9- 11 am Needle Crafters 9- 12 pm Quilling* 10:30 am Blood Sugar 12:30-3:30 pm Canasta 1:00 pm Writing 5:30 pm-Fun w/ Fabric* 6:30-7:30pm Zumba Gold*	14 9- 12 pm Quilling* 9- 11:30 am Chess 9:30-11am Yoga* 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	15 9-9:45 am Chair Fitness 10- 11am Writing Group 10:30- 11:30 am PET 1 pm Movie 1-4 pm Beading 1 pm Friday Ricks	16 9- 12 pm Stained Glass* 10- 11am Tai Chi* 10-12pm Disabled Vets
17 12:30-3 pm Open Bridge Play	18 9-9:45 am Chair Fitness 12:30-4 pm Whittier Bridge 1pm Monday Movie 3 pm Ping Pong	19 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility* 6:30-9:30 p.m. American Legion	20 9-9:45 am Chair Fitness 9- 11 am Needle Crafters 9- 12 pm Quilling* 12:30-3:30 pm Canasta 5:30 pm-Fun w/ Fabric* 6:30-7:30 pm Zumba Gold*	21 9- 12 pm Quilling* 9- 11:30 am Chess 9:30-11am Yoga* 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	22 9-9:45 am Chair Fitness 10- 11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Flicks	23 9- 12 pm Stained Glass* 10- 11am Tai Chi*
24 12:30-3 pm Open Bridge Play	25 9-9:45 am Chair Fitness 10-11 am Book Club 12:30-4 pm Whittier Bridge 1pm Monday Movie 3 pm Ping Pong	26 9:30-11:30 am Watercolor* 10-11 am Tai Chi* 10-11am Book club 12:30-3:30 pm Canasta 1-2 pm Strength and Flexibility*	27 9-9:45 am Chair Fitness 9- 11 am Needle Crafters 9- 12 pm Quilling* 12:30-3:30 pm Canasta 1:00 pm Writing 5:30 pm-Fun w/ Fabric* 6:30-7:30 pm Zumba Gold*	28 9- 12 pm Quilling* 9- 11:30 am Chess 9:30-11am Yoga* 11:30- 12:30 pm Tai Chi* 1 pm Movie 1-3 pm Needle Crafters 1-2 pm Strength & Flexibility*	29 9-9:45 am Chair Fitness 10:30 am Birthday Celebration 10- 11am Writing Group 1 pm Movie 1-4 pm Beading 1 pm Friday Flicks	30 9- 12 pm Stained Glass* 10- 11am Tai Chi*
						*Registration and/or fee required



Parnell Park

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Autumn

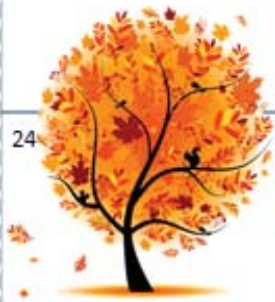
***Registration and/or fee required**

RED= Trips/ special events

BLUE= Pre-registration required



					1 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	2 8 am Outdoor meditation *apt required 9 am Creative Painting
3	4 CLOSED <i>Labor Day</i>	5 9 am Creative Painting* 9 am Chess 10 am Movie 11 am Bodhi Meditation 1 pm Writing	6 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance	7 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	8 Whittier Day at Fair 8:30 am Chair Fitness 8:30 am Walking Club 9a BINGO — <u>Caremore</u> 10 am Needlework 10 am Tai Chi*	9 Sea Glass Festival 8 am Outdoor meditation *apt required 9 am Creative Painting 930a BINGO
10	11 8 am Hike/ Lunch <u>Bolsa Chica Ecological Reserve</u> 8:30 am Chair Fitness 10 am Yoga* 11am Badminton	12 9 am Creative Painting* 9 am Chess 10 am Movie 11 am Bodhi Meditation 1 pm Writing	13 8:30 am Chair Fitness 9am Café Parnell 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance	14 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	15 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	16 8 am Outdoor meditation *apt required 9 am Creative Painting
17	18 8:30 am Chair Fitness 10 am Yoga* 10a AGA How to use FB 11am Badminton 12 pm Spotting Insurance Fraud	19 9 am Creative Painting* 9 am Chess 9 am <u>Craft</u> —Leslie Belcher 10 am Movie 11 am Bodhi Meditation 1 pm Writing	20 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance*	21 9am <u>Digital Tutorial</u> 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	22 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi* 12 pm <u>Birthday Cake</u>	23 Oktoberfest 8 am Outdoor meditation *apt required 9 am Creative Painting
24	25 8:30 am Chair Fitness 10 am Yoga* 10a <u>Self Defense Presentation</u> 11am Badminton	26 9 am Creative Painting* 9 am Chess 10 am Movie 11 am Bodhi Meditation 1 pm Writing 4 pm <u>Dinner/ Movie</u>	27 8:30 am Chair Fitness 10 am Domino Club 1 pm Wednesday Flick 1 pm Line Dance*	28 9:30 am Bingo 1 pm Thursday Flick 1 pm Intro to Comp* 2 pm Exploring the web*	29 8 am Hike— <u>Arroyo Pescadero</u> 8:30 am Chair Fitness 8:30 am Walking Club 10 am Needlework 10 am Tai Chi*	30 8 am Outdoor meditation *apt required 9 am Creative Painting





MEMORANDUM

ITEM 6B2

Date: September 13, 2017
To: Senior Advisory Committee
From: Ruri Pierre, Community Services Supervisor
Subject: **FACILITY AND SAFETY OVERVIEW REPORT**

Recommendation

It is recommended the Committee receive and file this update report for the facility and safety review of the Uptown Senior Center.

Background

The Facility and Safety Subcommittee tries to meet after each Advisory Committee meeting to survey the Uptown Senior Center regarding safety issues. This report is transmitted to the Senior Advisory Committee for approval and to ensure repairs are carried out in a timely manner.

Discussion

There are no new items to add to the list.

Fiscal Impact

Each repair item will have a cost. These matters will be discussed further during the Committee meeting.

Date	Item of Concern	Location	Action Taken	Completed
November 9, 2016	Stained carpet	Throughout the whole building	Quotes from carpet reps were received in 2014 and 2016. City Council approved a new carpet in the FY 2017-18 Budget.	Ongoing cleaning monthly
February 16, 2017	Ceiling Tiles that are damaged	Throughout the whole building	Dates and times for replacement and painting of tiles TBD. City approved new tiles in the FY 2017-18 Budget.	Ongoing