



Senior Moments

OCTOBER 2016

HARVEST FEAST LUNCHEON

Join us at Parnell Park Community Center for our Annual Harvest Feast on:

Monday, November 14, 11:30 a.m. to 2 p.m.

\$10 Members and \$13 Non-members! You will enjoy a traditional Thanksgiving lunch with all the fixings. There will be great live music, door prizes, and dancing! Space is limited so be sure to sign up today! Registration ends Thursday, November 10 or when the event is sold out.

14th Annual Abilities Awareness Faire

Tuesday, October 18, 2016. 10:00 a.m. - 12:00 p.m.

Whittier Community Center, 7630 Washington Ave.

The City of Whittier Parks Recreation and Community Services Department and Accessibility Committee invite you to the 14th annual Abilities Awareness Faire. We'll have workshops on Home Modifications and Safety, and Employment, exhibitors and fun activities. The In N Out truck will be there and will be selling \$3.00 burgers. Please check it out!

The City of Whittier Accessibility Committee is seeking new members. Please stop by our table at the Faire or the front desk of the Uptown Senior Center for information.

CAFÉ PARNELL

Wednesday, October 12

Eggs, polish sausage, biscuits/gravy, potatoes and fruit donated by Brookdale Central.

Breakfast served from 9-9:30 a.m.
Only \$3

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

Barcode:42969

Halloween Bash

Friday, October 28

10-11:30 am.

Uptown Senior Center

Come dressed in your best costume! We will be having a costume parade, treats, prizes, and much more! Don't miss the fun!

HALLOWEEN

Pumpkins and Treats

Calling all Witches, Warlocks and Ghouls!

Join us for a spooky good time on...

Wednesday October 26

10am-12pm

Parnell Park

Have you seen what's going on at the SENIOR CENTERS?

SPECIAL EVENTS FOR THE MONTH. Uptown Senior Center

Continuation of the 6-week Diabetes Workshop

Friday, October 7 - 28 @ 10-12 p.m.

By: HSAG

Dermascan

Tuesday, October 11 @ 10:00 a.m.

By: Applecare

Low Income Subsidy Healthcare Presentation

Tuesday, October 11 @ 10:30 a.m.

By: AGA

BINGO

Wednesday, October 12 @ 12-2 p.m.

By: Humana

BINGO

Thursday, October 20 @ 1:00 p.m.

By: Care More

Halloween Craft

Wednesday, October 26 @ 1:00 p.m.

Cost: \$2

Parnell Senior Center

Dental Presentation

Friday, October 7, 12-2p.m.

By Healing Hands Dental Hygiene

Medicare 101

Thursday, October 13 @ 10:30 a.m.

By: AGA

Low Income Subsidy Healthcare Presentation

Thursday, October 13, 1030-1130a.m., (FREE pie give away for everyone that pre-registers)

By: AGA

Halloween Craft

Tuesday, October 18, 9-11 a.m.

By: Dialmed

BINGO

Tuesday, October 25 @ 10:30 p.m.

By: AGA

Handspa

Friday, October 28, 9-11 a.m.

By: Care More

G F J M U F S G T O C S S P V
S G H E C M N S M J K K L K Z
R H T Y O V O P V F U D E R R
N O O E S Y T I U L N W M N U
D S G B T B E H L Y W F A E D
L T N A U A L C B P A E R V I
O S L L M R E Y A U R N A A S
C I E L E S K W T E L O C R G
H B A S S I S S O K O T U O U
L D V K Q D D K S A C S Z W I
V Q E G D U F S K M K D S R S
X T S L Q D R A Y E V A R G E
L Y L O H W S M F Q L E Q F O
F A N G S Y P E E R C H Y I R
F M U S I C B O N H C T I W

BARS GRAVEYARD
BAT HEADSTONE
BOO LEAVES
CARMEL MAKEUP
CHIPS MASKS
COLD MUSIC
COSTUMES RAVEN
CREEPY SKELETONS
DISGUISE SKULL
EYEBALLS WARLOCK
FALL WITCH
FANGS
FUDGE
GHOSTS
GOTH



Join us for a FREE weekly movie. Newly released movies are featured for most of our shows. Scheduled movie is subject to change due to film availability. Please view at your own discretion. Full movie descriptions available.

Parnell Park

Wednesdays and Thursdays

Movies start at 1:00 p.m.

- Oct. 05/06 Me Before You
- Oct. 12/13 September of Shiraz
- Oct. 19/20 Love and Friendship
- Oct. 26/27 Pay the Ghost

TUESDAY MOVIES

10 a.m. @ Parnell

Movies are from the time period of the 1940s and later.

Theme: Halloween

- Oct. 04 Young Frankenstein
- Oct. 11 The Addams Family
- Oct. 18 Ghostbusters
- Oct. 25 Hocus Pocus



Uptown Center

Thursdays and Fridays

Movies start at 1:00 p.m.

- Oct. 06/07 Criminal
- Oct. 13/14 Midnight Special
- Oct. 20/21 The Jungle Book
- Oct. 27/28 I Am Wrath

MONDAY MOVIES

1 p.m. @ Uptown

Movies are from the time period of the 1940s and later.

Theme: Halloween

- Oct. 03 NO Movie
- Oct. 10 Hansel & Gretel
- Oct. 17 Hocus Pocus
- Oct. 24 Little Red Riding Hood
- Oct. 31 Double Feature- Constantine & Seventh

Trips & Information

Full trip descriptions available upon request.

Neil Diamond Tribute

Saturday, October 8, 2016

Dinner Included. # 43671

Cost: \$25 member \$ 30 non-members

Tanaka Farms (Pumpkin Picking)

Thursday, October 13, 2016

Lunch Included.

Cost: \$28 member \$32 non-member #43672

Graber Olive House & Ontario Mills Mall

Thursday, October 20, 2016- Lunch on your own.

Cost: \$15 member \$20 non-member #43673

DTLA Grand Central Market

Tuesday, November 1, 2016

Lunch on your own.

Cost: \$ 15 member \$20 non-member #43674

Mission Inn Riverside

Saturday, December 10, 2016

Dinner on your own.

Cost: \$ 15 member \$20 non-member #43675

If you are not able to go on a trip please call the office as soon as possible so we can call the people on our waiting list.

TRIP REFUND and CANCELLATION POLICY:

The City will honor requests for refunds up to 10 days prior to the excursion. A refund requested less than 48 hours prior will **ONLY** be granted if the ticket can be resold. If unable to make the trip on the day of, there will be **no** refund made. A \$5 processing fee will be deducted from refund. The refund process can take up to 2 weeks after the departure date. If the City cancels the excursion, a full refund will be made.

Dinner and a Movie

On Tuesday, October 25, at Parnell Park, 4:30-6:30 p.m. for \$8. The movie will be:

"Free State of Jones"

Synopsis: In 1863, Mississippi farmer Newt Knight serves as a medic for the Confederate Army. Opposed to slavery, Knight would rather help the wounded than fight the Union.

Starring: Matthew Mc Conaughey

Dinner Menu:

Lascari's Lasagna, Green Salad, and Breadsticks

Barcode: #43052

Walking Groups

Walk to local sites or use public transportation. Meet at times and locations listed below. All dates are **Tuesday** unless otherwise noted.

Oct. 4 Fullerton Arboretum - Beach and La Habra 9:00 a.m. (Bus # 129)

Oct. 11 Fashion Institute Green line 9:10 a.m.

Oct. 18 Brea Art Gallery - Beach and La Habra 10:00 a.m. (Bus # 129)

Oct. 25 Octoberfest Phoenix Club w/ Anna Beach and La Habra @ 10:15 a.m.

Over the Hills Hiking Group



Join us for another hike to Turnbull Canyon on
Monday, October 17.

Seating is limited, so please sign up by

Thursday, October 13.

Departs from Parnell Park at 8:30 a.m.

Services

LEGAL ASSISTANCE

Uptown Senior Center

1st Tuesday OF EACH MONTH, 6:30-8:30 p.m.

FREE, 15-minute legal assistance to seniors.

Services include advice and counseling.

By appointment only. *Next Appt. Oct 4, 2016*

Relatives Caring for Children Kinship

Support Group

Uptown Senior Center

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

Offers peer counseling and support to the many extended family members raising their relatives' children. Services provided by (DCFS) Department of Children and Family Services.

Next meeting Oct 26, 2016

AARP DRIVER SAFETY

Sponsored by the American Association of Retired Persons (AARP) and the City of Whittier. A two-day driver education class for adults 50+. Participants may receive a discount from their insurance company. AARP Members \$15, Non-Members \$20 Due on the first day of class.

Monday & Wednesday

October 3 & 5, 12:30-4:30 p.m.

Call the Uptown Senior Center at (562) 567-9470 for more information! Reserve your spot today!

General Information



Senior Advisory Committee

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:

November 9, 2016, 1:30 pm

NOTE: Beginning January 2016, the Senior Advisory Committee will be meeting every other month.

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.

Book Club

Meeting Dates 2016

October 25

November 22

December 27

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!! Call the Uptown Senior Center for name of the book.

Joe Vinatieri
Bob Henderson
Cathy Warner
Josué Alvarado
Fernando Dutra

Mayor
Mayor Pro Tem
Council Member
Council Member
Council Member

Jeffrey W. Collier
City Manager

Nancy Mendez
Assistant City Manager

Greg Alaniz
Director of Parks, Recreation and Community Services

Joan Mithers
Community Services Manager

Virginia Santana
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

Angela Garner 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

Dial-A-Ride Reservations (562) 698-3013

Transit Division (562) 567-9470

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

**Parks
Make
Life
Better!**