



# Senior Moments

## NOVEMBER 2016



### CITY COUNCIL

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Cathy Warner	Council Member
Josué Alvarado	Council Member
Fernando Dutra	Council Member

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City Manager

Nancy Mendez  
Assistant City Manager

### CITY OF WHITTIER PARKS, RECREATION AND COMMUNITY SERVICES

Greg Alaniz  
Director of Parks, Recreation and Community Services

Virginia Santana  
Community Services Manager

Joan Mithers  
Community Services Manager

Ruri Pierre  
Supervisor

Angela Garner  
Coordinator

### SENIOR CENTERS

#### Uptown Senior Center

13225 Walnut Street,  
Whittier CA 90602  
(562) 567-9470  
Monday - Friday 8 a.m. - 5 p.m.  
Sunday 12 noon - 4 p.m.

#### Parnell Park Community & Senior Center

15390 Lambert Road, Whittier CA 90604  
(562) 567-9450  
Monday - Friday 8 a.m. - 5 p.m.  
Saturday 8 a.m. - 4 p.m.

## HARVEST FEAST LUNCHEON

Join us at Parnell Park Community Center for our

Annual Harvest Feast on:

**Monday, November 14, 2016**

**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 10th or when the event is sold out.



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

## Trips & Information

Full trip descriptions available upon request.

### DTLA Grand Central Market

Tuesday, November 1, 2016

Lunch on your own.

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



### Christmas Shopping @ Citadel

#### Members Only

Monday, December 12, 2016, 9:00 a.m.—3:00 p.m.

Lunch on your own.

Members Only- Cost: \$5.00

**Sign ups start on 11/21- Space is Limited**

### Sweet Treats & Christmas lights

#### Members Only

Thursday, December 15, 2016, 6:00 p.m.—8:30 p.m.

Dinner on your own. Members Only- Cost: \$ 5.00

**Sign ups start on 11/21- Space is Limited**

### 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.

## New Trips coming in December!



Celebrate your birthday at the Senior Center of your choice.

**Every 4th Friday of the month**

Uptown Senior Center at 10:30 a.m. or Parnell at 12 p.m.

We will recognize seniors who have a birthday that month.

RSVP at the front desk to be included in the celebration.

We want to celebrate with you!



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.

**ALL SHOWINGS BEGIN AT 1:00 P.M.**

### Uptown Center

#### **Thursdays and Fridays**

- Nov. 03/04 Me Before You
- Nov. 10/11 Café Society
- Nov. 17/18 Winter's War

#### **Monday**

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

**Theme: Spy/Action**

- Nov. 07 Red
- Nov. 14 Red 2
- Nov. 21 GI Joe
- Nov. 28 GI Joe (Rise of the Cobra)

### Parnell Park

#### **Wednesdays and Thursdays**

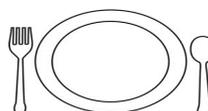
- Nov. 02/03 The Infiltrator
- Nov. 09/10 Ithaca
- Nov. 16/17 Café Society
- Nov. 23/— Captain Fantastic
- Nov. 30/01 The Sea of Trees

#### **Tuesday**

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

**Theme: Giving Thanks**

- Nov. 01 Home for the Holidays
- Nov. 08 Planes, Trains, Automobiles
- Nov. 15 Sent of a Woman
- Nov. 22 Grumpy Old Men
- Nov. 29 Dutch



Dinner and a Movie will return January 24, 2017 at Parnell Park!

## Special Events

### Uptown Senior Center

#### Blood Pressure and Sugar Testing

Wednesday, November 02

@ 10 a.m.

By: AGA

#### Hearing Loss/ Hearing Aids

Wednesday, November 02

@ 2:00 p.m.—3:00 p.m.

By: Hearing Connect

#### Talking with a Doctor

Tuesday, November 08

@ 10:30 a.m.

By: AGA

#### Thanksgiving Craft

\$2.00

Wednesday, November 16

@ 1:30 p.m.

By: Team Alvarez

#### My Diet by Design

Monday, November 21,28,12/5, 12

@ 10:00-10:30 a.m. & 12:00-12:30 p.m.

By: My Diet by Design

#### MEDICARE 101

Tuesday, November 22

@ 10:00 a.m.

Pre-register with AGA for a free Pie

866-722-4296

By: AGA & APPECARE

#### MEDICARE 101

Tuesday, November 29

@ 9:30 a.m.—10:30 a.m.

By: Team Alvarez

### Parnell

#### Talking with a Doctor

Friday, November 04

@ 10:30 a.m.—11:30 a.m.

By: AGA

#### Thanksgiving Craft

FREE

Tuesday, November 15

@ 9:00 a.m.—11:00 a.m.

By: Dialmed

#### Lunch and Learn

Tuesday, November 15

@ 11:30 a.m.—1:00 p.m.

Free lunch for people that attend

By: ARC

#### MEDICARE 101

Monday, November 17

@ 10:30 a.m.—11:30 a.m.

Pre-register with AGA for a free Pie

866-722-4296

By: AGA

#### The Gaps in Medicare

Tuesday, November 18

@ 9:00 a.m.

## Walking Groups

Walk to local sites or use public transportation.

Meet at times and locations listed below.

All dates are TUESDAY unless otherwise noted.

#### EL PUEBLO TOUR

November 01

Green Line 9:10 a.m.

Carmen & Maggie

#### KNOTTS BERRY FARM

November 22

Beach and La Habra 10:00 a.m.

Bus# 29

#### DOWNTOWN LA

November 08

Green Line 9:10 a.m.

With Cheryl

#### LOCAL WITH

#### THE YORKS

November 29

Uptown Senior Center 10:00 a.m.

#### DOWNTOWN DISNEY

November 15

Beach and La Habra 9:15 a.m.

Bus # 148



Join us for a hike to

Pescadero Trail on:

**Monday, November 14.**

**Over the Hills**  
**Hiking Group** Seating is limited, so please sign up by Thursday, November 28.

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

### LEGAL ASSISTANCE

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#### 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. Nov 1,*

#### 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 Nov 23, 2016

#### HICAP

#### Uptown Senior Center

Friday, November 4, 9:30 a.m.—12:30

The state-registered Health Insurance Counseling and Advocacy Program (HICAP) Volunteer Counselor Daniel Hsu provides unbiased information, counseling and assistance on Medicare and related health care coverage.

This service is by Appointment Only.

Call the Uptown Senior Center (562) 567-9470



# General Information

Parks  
Make  
Life  
Better!

## 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 Date:

November 9, 2016, 1:30 pm

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

## Whittier Accessibility Committee

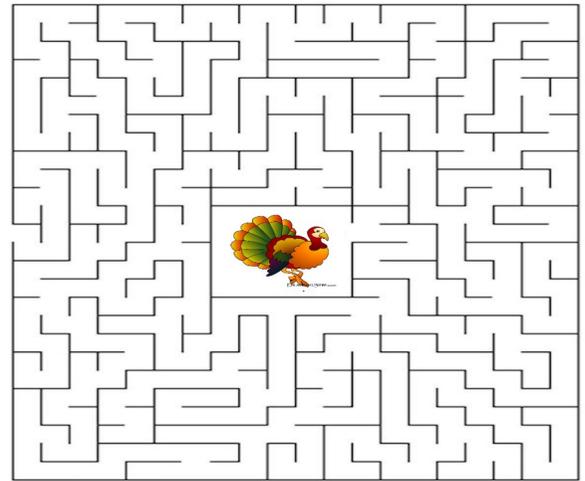
The seven-member committee is an advisory body under the Social Services Commission which studies access issues such as sidewalks, transportation, facilities, etc., and recommends access improvements to assist those with disabilities in the community. Meetings are held quarterly on the 4th Tuesday of 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.

### 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

**City Facilities will be CLOSED on Friday, November 11, and the Thanksgiving Holiday. Thursday, November 24 & Friday, November 25.**

Help this turkey find his way out of the maze!



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## Happy Turkey Day!

- Apple
- Blessings
- Cornucopia
- Cranberry Sauce
- Family
- Feather
- Give Thanks
- Gobble
- Greatful
- November
- Pumpkin
- Scarecrow
- Thanksgiving
- Tradition
- Turkey



Scratch NY

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

## Book Club

**Meeting Dates 2016 Nov 22 & Dec 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.